



# It's About Lives...

*Selected Testimonials gathered from those affected by RIN #0919-AG38  
"Tobacco Products" Subject to the Federal Food, Drug, and Cosmetic Act, as Amended  
by the Family Smoking Prevention and Tobacco Control Act – Final Rule*

*The Consumer Advocates for Smoke-free Alternatives Association*

*December 15, 2015*

CASAA  
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## Foreword

The impact of the Food and Drug Administration's (FDA) tobacco deeming regulation currently proposed for electronic cigarettes will not be confined to a limited sub-culture of hobbyists or even to the broader population of regular users of vapor products. And while manufacturers and retailers in the vapor market are certainly important stakeholders, they are by no means the only--or even the most significant. The FDA's proposal will affect the options, decisions, and lives of an estimated 42 million Americans who continue to smoke -- despite a massive cultural shift toward disapproval of the behavior that has resulted from decades of anti-smoking campaigning and the general knowledge that smoking is one of the most harmful things a person can do to their body. Of course, these 42 million smokers do not include the friends and family who will be faced with the early deaths of people they love and the emotional and financial costs that this loss entails.

The evolution of technology that allows for low-risk, smoke-free enjoyment of nicotine is likely one of the greatest public health advancements of our time. Tens of thousands of former smokers who have successfully transitioned away from traditional cigarettes are already experiencing significant improvements in health and will most likely add years back to their lives. The advent of electronic cigarettes and other smoke-free nicotine products should not only be embraced by public health and regulatory agencies, but should be promoted as well -- as demonstrated by a recent policy shift in the UK.

While it is important to understand the nascent science and the economic effects of the FDA's deeming regulation, the single most important issue at hand is the effect that this proposal will have on the lives of the American people and the likely ripple effect on the rest of the world. Consumers are the ultimate stakeholders in this matter, and it is our health and welfare that is most directly affected. It is important to remember that this is about people, not just numbers; lives, not only revenues. It's about families and friends growing old together. It's about a world where the choices today are less hazardous than the options we've become accustomed to. It's about having access to accurate, unbiased information so that we might make better decisions about our lives.

The Consumer Advocates for Smoke-free Alternatives Association (CASAA) was formed as a voice for consumers of low-risk alternatives to smoking. Realizing that there were other, non-medical, products which are both well accepted and vastly less harmful to the user, CASAA undertook its mission to investigate, educate, and advocate for the most important stakeholder in the battle against tobacco harm, the consumer.

This brief submission contains testimonials from our members who come from all walks-of-life. What is common among them all is that they have adopted electronic cigarettes as a means to eliminate or significantly reduce the harmful effects of smoking from their lives. Their decision to adopt these products is typically not made lightly as it is only after years of failed attempts to quit smoking by

traditional means that most make the switch to vaping. An unfortunate, perhaps unintended, consequence of the FDA's proposed regulation will be to limit their ability to continue living smoke-free lives, and will ultimately deny these benefits to those who have yet to try this new technology. This undeniably represents a substantial net-negative effect both for public health and our economy.

CASAA is urging OMB/OIRA to consider these testimonials with particular weight. Each testimonial represents interests greater than the person submitting them. The early loss or illness of a loved one, friend, or colleague due to smoking is a financial and emotional burden that low-risk, smoke-free products like electronic cigarettes can help to abate.

E-cigarettes hold incredible promise for millions of smokers worldwide, and it is vitally important that regulation of these potentially life-saving devices be done with care and great forethought. Millions of lives depend on it.

Julie Woessner  
Executive Director, CASAA

## **Selected Testimonials**

On the pages that follow are presented a very small sampling of the testimonials that CASAA has received from May 2, 2013 to December 9, 2015. These samples were extracted from the over 7,600 testimonials that are the body of a separate exhibit provided to the OMB/OIRA during the meeting between CASAA and OMB/OIRA on December 15, 2015. The contents have been formatted for readability, the words and thoughts expressed are those of the individual authors.

Author	Date
Abraham Katz	2013-05-29 17:39:00
Website address	
<a href="http://testimonials.casaa.org/testimonials/abraham-katz/">http://testimonials.casaa.org/testimonials/abraham-katz/</a>	

I started smoking at age 13 and continued to smoke for another 20 years. While I knew it was unhealthy for me, and unpleasant for others to be exposed to second hand smoke, and to also smell me after smoking I was unable to give up smoking no matter what I did before I tried the personal vaporizer, also known as an e-cigarette. In the 20 years that I smoked, I tried to quit numerous times. I used the gum, and I smoked while chewing said gum. In short the gum was an absolute failure. I tried the patch--I smoked on that to--and the patch was an absolute failure. I even did cold turkey several times. Each of these so-called proven cessation methods did not work for me, and didn't work for anyone I know. I did manage to quit smoking though using two methods. First was Snus from Sweden. Indeed I would have stayed smoke free had the recession not happened and I lost my job. The fact is that while snus did indeed work for me to keep me from smoking it had several draw backs. The first is that it is very expensive. American varieties of snus have too low a nicotine content to satisfy me to start so only the Swedish varieties worked, and second the Swedish varieties of snus are heavily taxed. When I lost my job I was able to continue using snus and eventually went back to smoking over the course of about three months to address my desire to use nicotine. In short that cessation failure was caused directly by exhortation level taxes on a safe product with few health concerns imposed by the government at the behest of a special interest group (the nicotine and tobacco prohibitionists). Had American tobacco companies developed a cheaper equivalent, or better yet the import taxes, tobacco taxes, and sin taxes not existed on Swedish brands of snus I would have never gone back to smoking. The second time I tried a reduced harm nicotine product was in February of 2013, and it was the personal vaporizer (also known as the electronic cigarette). That story is slightly more interesting than how I took up snus, with snus I bought a can, liked it and quit smoking almost immediately. It was a product that I had gotten familiar with by exposure to it in pipe tobacco shops as I smoked pipes rather than cigarettes. At first I thought that e-cigarettes were a scam. There was no way that they could work. I had heard from other people that they quit smoking by using them. Other claims from people that it was better than smoking. Needless to say I was skeptical. But I took a gamble with them and bought an Njoy King (a disposable e-cigarette) on a whim while buying lighter fluid for my Zippo. Another customer was buying some and I asked her about the product and she told me she had quit smoking using them. Naturally I was curious to see if it might work for me or if it wouldn't. That Njoy King lasted me about 4 hours of use. Disappointing to be sure in that regard. However, I noticed something. That something was I actually enjoyed vaping. I determined that since I did like this disposable product that I could perhaps find a better--rechargeable and/or refillable-product that I could use to reduce my smoking. My thinking being that with smoking it isn't the nicotine or even the tobacco that harms the body of the user--rather it is the inhaling smoke into the lungs that does all the damage. This of course lead me to internet forums related to vaping (since using a personal vaporizer one does not inhale a smoke so smoking is inappropriate to use) and from there got advice to buy several products. I tried those products and got several e-liquids I thought I might like. That was February 9, 2013. That was the day I last smoked a pipe of tobacco. In the case of the personal vaporizer I did not intend to quit smoking, it happened on its own. What I found was that I

preferred vaping to smoking. Since that time I have gradually reduced my nicotine levels in my liquids and though I probably won't reduce the nicotine content to zero mg/mL (I have neither the desire to do that nor plan to do that), I do have the option to vape without nicotine if I want to. Something that no tobacco product can offer. I have also noticed something else too. Since finally quitting smoking for good, I've noticed that I sleep easier, I can taste food better, my sense of smell has returned to the point that I can smell things that even my nonsmoker significant other cannot, I find it easier to exercise. In short since switching my over all general health is better.

Author	Date
Adam Goodie	2015-04-14 01:16:14
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<a href="http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=4048">http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=4048</a>	

I started smoking when I was around 15-16 years of age. I ended up smoking around 2-3 packs a day let's just say a lot. I stopped smoking last year. At first I tried quitting cold turkey that didn't work. Then the place where I worked offered chantix or whatever it's called and after hearing some of the stories from other people on how it gave them suicidal thoughts and was driving people crazy and stuff, there was no way I was gonna give that stuff a go. Then some friends of mine had picked up vaping and explained to me how it got them off the smokes. I didn't trust it at first so I went and asked a friend of mine who has been in the medical field for over 40+ years and with that much experience I trust his opinion. He told me yes it is in his opinion it was the safest alternative to smoking that's out there. So I did some research myself on what type of product I should start using. I didn't trust the things being sold at the gas stations. But we had some store's here that specialize in vaping or better known as vape shops. After a very long discussion about vaping and what it was and everything with the vape shop owner. I bought myself a Itaste ep device made by Innokin. I liked it I vaped it for about a month then decided I wanted a better product. So after more research and a lot of looking at products I got myself a mechanical mod or known as a mech mod and got myself some high drain rechargeable imr 18650 batteries, and a atomizer. I vape at only 3mg of nicotine or 0mg. I don't remember exactly the date I quit smoking cigarettes but it was in the middle of the year 2014, and I haven't looked back. I did eventually try one of those cigalike devices just because why the hell not its what the tobacco companies want to call vaping and it made me throw up and sick. It was by far the nastiest most disgusting thing ever devised in my opinion to vape on. I DO NOT recommend one of those things to anyone who ask me about vaping to try one of those devices I send them to the closest Brick and Mortar Vape shop in my town, where the owners do a good job explaining things (as they did to me) and knows what they are talking about. Ever since I stopped smoking and started vaping I no longer cough and hack up phlegm. I can breath again. I no longer get winded doing simple things and task. I sleep better because I can breath better now. I have a ton more energy for work and family life. I feel healthier because of it. I no longer smell like cigarettes. Also it has saved me a ton of money. Vaping has saved my life and not mention my father's life who has smoked for years and years. So vaping is making things healthier for us. That's my story.

Author	Date
Amanda_baby_x	2015-11-29 14:14:04
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You guys forget every person is different & has their own methods. E-Cigs are actually helping people to quit. Using similar methods to the patches where you start of on high dose and u lower the strength in your time & pace. & So what if people choose to carry on Vaping - it's not a crime. At least they are not smoking tobacco cigarettes. If anything we should be working together to get real tobacco cigs of the shelves once and for all. If anything should be banned it should be tobacco. --- I used to smoke 40 - 50 a day. Tried cold Turkey (that was an epic fail). I even tried alsorts of weird methods and no joy. Was always in & out hospital with chest infections & asthma and my health was getting worse. Was just desperate to give up and yeah I knew I needed help. Even tried NRT products of the Doctor. Such as Patches, gum, lozenges, in halers & sprays. But my doctor had to stop the NRT products. Due actually having an allergic Reaction to the NRT products. My doctor recommended the Ecigs. So I looked into it & bought one. I started on the high strength and lowed the dose to zero. And now I am totally free. My health improved. I am only one person & case. But I know I am not the only person. You need to get over yourself and get of your high horse. People like you Jenny forget every person is different & has different methods & ways. What works for some doesn't for others. I couldn't have other NRT products of the doctors due to having a really bad allergy. Normal basic cigs did nothing for me. What did help was with the bigger tanks and variable temperature & Voltage helped me more. Yes I loved menthol & mint flavours. But it's nice to have other flavours too. Yes I still use may use my Vaping mod from time to time. But I don't like how groups like this are bullying people. What ever happened to freedoms of choice and letting the people decide for themselves. If they do give up Vaping that should be their choice. If they do give it up that's their personal choice. What should be banned - should be Traditional Tobacco Cigarettes & Smoking. We all know the damage smoking is doing - don't we. Yes I agree with restrictions to anybody below 18 buying or using them. But I still believe that we should be allowed the right to choose for ourselves. It's wrong these groups are trying to bully people. I found it easier giving up smoking Coz I did it in my own time & pace. But I did think much of the bullying & picking on people. The more you people carry on what you are doing.

The more people will shout, scream & rebel. What should be banned is - Tobacco cigarettes as we all know the damage smoking tobacco does & has caused millions of deaths. Yet nobody is trying to ban tobacco cigarettes. It's stupid - Nobody has died of Vaping so far. Vaping is saving lives, not taking them & are 95% safer. Yet people are trying to ban them. It's stupid. You trying to ban something that is saving lives & people feel better. yet you are doing nothing to the real danger. You say you're listening to what people say.. No you are NOT..!!! It's all about control and money. None of this about people's health. If you was so bothered bout people's health. Then take Tobacco Cigarettes of the market & Leave Vaping alone. BAN TOBACCO CIGARETTES FOREVER, BUT LEAVE E-CIGS & VAPING ALONE. If people wish to give up Vaping, let them do it their own time & pace. Everyone has their own methods and so what if they choose to carry on Vaping. It's not a crime is it. Thanks to Vaping my breathing has improved, sense of taste, no chest infections & it's helped a lot. I tried alsorts methods & nothing worked. Even tried where they put pins into the body & allsorts other weird methods.

I couldn't go champix Coz of medication. Tired cold turkey and found it hard. ---- Now I want you to answer my questions: Why are you trying to ban Vaping & E-Cigs, that is saving millions of people's lives & they have been proven to be 95% per cent safer. Vaping has never killied anyone... Yet you are trying to ban them. But you are not trying to ban traditional Tobacco cigarettes. Which has been proven to kill & harm people. Surely you such focusing on banning the real thing. So why are you trying to ban anything to do with Vaping ( which is helping people & saving lifes). Yet you won't ban the real killer & what is destroying people's lives & health??Surely we should all be pulling all together to make sure that traditional cigarettes are banned...?? It's a fair point & question. I don't get your logic.

From Amanda McGuire.

Author	Date
Andrew-Utah	2013-09-15 19:44:00
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I became a regular smoker when I was fifteen years old. I knew it was bad and yet was never able to quit despite regular efforts. By the time I was of legal age, I ceased any efforts to quit and became a pack a day+ smoker. Over the course of the next 20 years, I was there as my grandmother and grandfather died from smoking related illness. I was the primary caregiver as my mother was diagnosed with lung cancer (despite having quit 10 years earlier). I was there with her when they took an entire lung, when she underwent chemotherapy that put her in ICU and nearly killed her long before the cancer. I followed her through radiation and eventually oral selective chemo. She is still alive but her quality of life is deplorable. Despite all this, I remained a smoker-- How could I be so stupid? When I was 37, Chantix was released and I quickly and anxiously tried it. I was about to have twin sons. I didn't want to still be a smoker once I had children. After being on Chantix for a few months, and two months before my boys were born, I just simply stopped. It was great. For the first time in my life, I was free of cigarettes! Though I didn't smoke, I would walk through a cloud of second-hand smoke from my co-workers and enjoy it thoroughly. I still missed it.

Raising twins in a miserable and dysfunctional marriage proved to be too much. After nearly two years of being smoke-free, I fired up a victory cigar when my wife filed for divorce. Within a week, I was back to a pack a day. Divorce brings out the worst in people and I was no exception. The fight for custody of my sons sapped all my willpower and tobacco was a means of coping with the separation from them. When the dust settled, I had my sons back but also my cigarette habit. Since then, I have been consumed with quitting. I have tried Chantix several times. When the first e-cigs hit the market, I eagerly tried them. They were like smoking but not as satisfying and they were a hassle to recharge and find compatible cartridges. They went into my nightstand drawer and were soon forgotten. In May of this year, my neighbor--a friend and smoker, introduced me to the ego style e-cig. I wasn't particularly interested in trying them at first. Soon I started noticing people using e-cigs and mods. I spoke to a construction worker at my workplace and he swore by it. Then one night, I was talking to a gas station clerk while buying cigarettes. I apologized for interrupting his smoke break. He told me it was no big deal and showed me his mod. He talked about the different flavors and mentioned cola. I love Coca-Cola and that caught my attention! Within the next few days, I headed over to the local smoke shop and bought an ego battery and a few flavors. I started using it occasionally and found it was good for times I wasn't able to smoke, particularly when running a newspaper route in my wife's car. It was okay, but not a total switch and I was still trying to find flavors that I really liked. All during these months, my back was getting worse and worse. I had a surgical consult and was scheduled for surgery three weeks later, at the end of July. Five days before surgery, I went to the surgical consult. The Physician Assistant was adamant that I needed to quit smoking. I knew from previous surgery that smoking inhibits oxygenation that is key to healing the bones. I DIDN'T know that nicotine itself had an impact on post-surgical results. When I got home, I went online and read all about it. She was right. I hadn't had time to get my head around quitting and had decided long before that I was going to switch to e-cigs after the surgery. I had found a flavor I liked and was learning more and more about vaping. The news about nicotine was a last minute surprise and so I was going to continue with my plan. Worse comes to worse, I would have an easier time kicking an e-cig habit than a cigarette

habit. It was a compromise and at least a step in the right direction. If I couldn't kick the nicotine habit, I could at least kick the smoking and get more oxygen to my spine! I had a cigarette that morning before the surgery and smuggled my e-cig filled with a tasty blueberry e-juice into the hospital. After the surgery, I relied on that e-cig and didn't even have the urge to go outside for a cigarette. The next day, I was discharged and when we got home, I went outside and lit up a cigarette. It was terrible! I couldn't stand the taste or the smell. I went back inside and picked up my e-cig. In those first few days, I had limited mobility and I just didn't want to waste it going outside for a cigarette. I had become very accustomed to my blueberry vapor. I spent a lot of that down time on the internet learning about vaping. One week after the surgery, my wife drove me to my first vapor store. I was ready to go to the next level with a variable voltage battery and some real tanks. We walked out of there with just that and 3 bottles of juice that were so much better than the stuff I had been buying at local smoke shops. I was hooked! During my rest of my recovery I moved entirely to e-cigs and will never go back to tobacco. I tried cigarettes a few more times with the same result: they're disgusting! At this point, I have moved up to an Advanced Personal Vaporizer and continued to vape happily. I use juice that is at the lowest nicotine level and sometimes even zero nicotine juices. Though it's not the perfect result my surgeon would have preferred, he is satisfied with the compromise. My primary physician is ecstatic and so is my dentist. They all recognize the significance of this change and view it as a dramatic improvement. My family is happy too. I have even got my father using an e-cig. He hasn't completely given up cigarettes but give it time. I follow the research as it becomes available. What we know so far is promising. Despite a shortage of data over time and peer review of available research, it is clear that e-cigarettes are less harmful. The abundance of anecdotal data and personal testimonials is convincing as well. In the end, I look at it this way; assuming I don't die of anything else first, I will die from a smoking related illness if I continue to use tobacco. Though there are crucial questions regarding the long-term effects of inhaling a vapor comprised of PG, VG, and flavoring, I will take my chances. It's my life. I choose to risk this unknown versus the known result of cigarette use. Once again and most importantly...IT'S MY LIFE, I CHOOSE THIS RISK OVER TOBACCO!

Author	Date
Angela H Reed	2015-11-07 17:06:11

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After having smoked an average of 2+ packs a day for over 29 years, I have tried to quit by every means possible. I tried cold turkey, gum, patches and prescriptions all with little to no success. My first experience with electronic cigarettes was with a blu and this too did nothing for me. When I was introduced to a vape pen my world changed. During the first 6 days I smoked a total of 17 cigarettes, when my battery would get weak or die. I bought a second device on day 7 and haven't looked back. My quit date was over 15 months ago on July 11, 2014. Within a month or so of my quitting, my brother and both of my elderly parents were also vaping to quit. I never thought I would see my parents quit voluntarily. I have also had several friends and other family members quit as well this year. Vaping, in my experience, is the single most effective smoking cessation tool available. #IMPROOF #VapingSavedMyLife #VapingSavesFamilies

Author	Date
Barb Cordell	2015-11-16 14:03:26
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I started smoking cigarettes when I was 18. When I was 54, I was a 2 pack a day smoker. That year, I had a heart attack. My cardiologist kept telling me to quit smoking. I couldn't. I had tried patches before but it didn't do anything for me. I kept smoking after my heart attack. I was put on blood pressure medication. My cardiologist and pulmonologist kept telling me to quit....both doctors even SUGGESTED me to use e-cigarettes. One day my son came over and handed me an e-cig mod and told me I was not allowed to smoke another cigarette. Surprisingly, the e-cig did the trick....I haven't lit up a cigarette since....2 1/2 years ago. I saw my cardiologist 2 months after I started the e-cig, and he , THAT DAY, took me off the blood pressure medication ...saying I no longer needed it as I wasn't smoking cigarettes filled with all the chemicals and things that are bad for your heart. When I started, I used 3.6% nicotine. I have now cut down to 1.1%to 1.8%. I turned a friend/co-worker on to the same mod I use and she has been smoke free for over a year now. I am now so much healthier....not to mention I no longer smell like the bottom of an ash tray....

Author	Date
Barbara Wintsch	2013-05-23 20:02:00
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I am a 55 year old woman and started smoking at the age of 16. Even in my 30's and pregnant with my daughter, I continued to smoke. I have had all kinds of respiratory issues and continued to smoke. I tried patches, chantix, zyban, hypnosis, and zyban, and still continued to smoke. Chantix and Zyban had some frightening side effects and can be psychologically dangerous. I took smoking cessation classes, listened to my doctor about quitting and the harm I was causing my body, and I continued to smoke. My daughter wrote me a letter begging me to quit, and I continued to smoke. I never was successful at quitting for more than a day. The idea of quitting created so much anxiety, I smoked more. I was convinced I would die while lighting up. I was convinced I would be on oxygen and continue to smoke. I had no hope and felt quite the failure. \$14.00 a day on 2 packs of cigarettes was where I was at. It will be a year tomorrow that I have been smoke free. I tried my first electronic cigarette about 10 days before I stopped smoking. Initially I wanted to try it as a method of cutting down and to be able to 'smoke' in non-smoking situations. I had heard about electronic cigarette from a friend of a friend and bought the Blu at a local Walgreens. To my delight, it was satisfying, different then smoking but still satisfying. A thought on that first day was wow - maybe I can really quit! I started reading internet forums such as ECF and got tons of advice and support. I ordered some different supplies, finished my last pack of cigarettes, and on May 24, 2012 quit them for good.

I started at 24 mg of nicotine and have reduced it to 12 over time. I feel wonderful. It was not a piece of cake to make the switch, but it was not impossible. Electronic cigarettes were the single thing that gave me hope and the possibility. Quitting smoking can easily be one of the hardest additions to overcome and I could have not done it any other way. I tried. I am proud, happy, and have converted several other people to using electronic cigarettes and quit smoking. A few lives saved. No more stink, no more cough, no more being winded. Nothing short of a miracle.

Author	Date
Brett Deinum	2013-08-01 15:05:00
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I started smoking regularly in college, like most kids do away from their parents. I smoked for about 20 years. I didn't consider myself a heavy smoker, but I did smoke about a pack a day. I first came across an electronic cigarette at a gas station, and it sparked my interest. I did not intend to quit smoking, but I figured I could use the ecig places where I couldn't smoke. The first one I bought was one of the cig-a-likes you typically find at gas stations. It was OK, but I still was smoking regular cigarettes. About a week later, I started doing some research online about electronic cigarettes and discovered a whole new world I didn't know existed. I decided to buy a better electronic cigarette kit that I found to have good reviews. Once it came in the mail, I started using the electronic cigarette more than the regular cigarettes. I started to think, "Wow, these things really work". About two weeks later, and two more new ecigs I bought, I realized that I was barely smoking regular cigarettes. I found I was getting the nicotine I needed from the ecigs. About another week later, I made a decision to stop buying regular cigarettes. All in all, it took one month for me to quit smoking cigarettes, and I didn't even want to. Now, it has been 10 months and I have not had a single cigarette, and I never will (as long as I can use my electronic cigarette). During my 20 years of smoking, I tried to quit numerous times. I tried the patch, the gum, and even Chantix. Nothing worked, I just thought I would smoke until I died. Even seeing my grandfather die of lung cancer from cigarettes, I still could not stop. Electronic cigarettes saved my life. I feel better, I don't cough anymore, I have better stamina exercising, and I don't smell anymore. The best part of this whole transformation is that I quit smoking and didn't even try. I would recommend electronic cigarettes for ANYONE who would want to stop smoking.

Author	Date
Brittney Cordero from North Carolina	2014-04-28 20:18:00
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Hi My name is Brittney Cordero. I am currently 24 years old. I started smoking Cigarettes at the of 15. I didn't want to stop smoking at all. I didn't see the problem. Until April 25 2013. My grandma came home from the doctor and told me she has to stop smoking or she would die. My grandma smoked for over 50 years. The news about my grandma made me want to change for the better. I thought about the Blu commercial and right there and then I conducted a lot of research before making my decision. All of the research that I conducted all proved that electronic Cigarettes were more safer than cigarettes. I ordered my Blu ecig. I worked for me for a month before breaking. I was thinking about going back to regular cigarettes. A few days later my mother had 2 strokes. We found out that cigarettes is what caused it. They found carbon monoxide in her brain. My mother was 44. She smoked for 20 years. I knew that I needed to stick to electronic cigarettes in order to make a change. I bought an Ego battery and bought eliquid. I started at 24mg of nicotine and never looked back. One year later. I was able to drop my nicotine to 6mg and very soon I will be drop in my nicotine to 0 and quit. My health improved I can smell things a lot better. My clothes don't stink of cigarettes. I taste everything a lot better. I work out more and enjoy playing sports. I couldn't do that before. It showed me that not only can I Change. To the others that feel that they cannot change. I ask that you believe in yourself and give electronic cigarettes a chance.

Author	Date
Casey Vitale	2013-06-24 18:32:00

Website address
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My name is Casey Vitale and I have successfully used E-Cigarettes or Vaping to quit smoking. I started smoking when I was 17 years old. At that age I thought I would never get addicted and I was wrong. Boy was I wrong. By the time I was pregnant with my first son I was ready to quit but the addiction had its hold on me and those 9 months were miserable. I even hate to admit, but I cheated and risked my own child's health while pregnant a few times. Always justifying it with my mother smoked while she was pregnant with me. Immediately after having my son I was right back to my pack-a-day ways. I got pregnant for a second time and again struggled the whole 9 months to completely kick the habit and again failed. I was bound and determined to quit so over the years I tried gums & patches.

Author	Date
Dargan Richards	2013-05-24 12:45:00

Website address
<a href="http://testimonials.casaa.org/testimonials/dargan-richards/">http://testimonials.casaa.org/testimonials/dargan-richards/</a>

I quit smoking after 52 years in one afternoon, using an e-cigarette. I really didn't intend to quit; I just wanted to have an alternative for occasional use. The ease of giving up cigarettes and the pleasure of having a smoke-free, smell-free substitute (that actually tastes good) surprised me. It still surprises me after almost three years that it was so easy. I am grateful that the shortness of breath that concerned me when I was smoking has disappeared, and that I did not have to give up nicotine. The incidence of dementia in my family and the evidence of nicotine's beneficial effects made me rather fearful of giving it up. Thanks to this marvelous technology, I didn't have to.

Author	Date
Debbie Guardino (pageanmoon) Chicopee MA	2013-05-02 20:19:00
Website address	
<a href="http://testimonials.casaa.org/testimonials/debbie-guardino-pageanmoon-chicopee-ma/">http://testimonials.casaa.org/testimonials/debbie-guardino-pageanmoon-chicopee-ma/</a>	

I began smoking when I was 13 years old. I am now 48 and have been using an electronic cigarette since March of 2011. I have not smoked tobacco since May of that year. I have spent thousands of dollars on pharmaceutical products to quit smoking but none of them ever worked long term and I always returned to smoking. Due to other health issues my doctor's would not even consider prescribing Chantix to me. Since I began using these devices, my husband has not suffered from a single sinus infection. He experienced severe sinus infections throughout his life, having lived with and been around smokers, and it was only when I stopped smoking tobacco that we realized that not only had my health improved, but his did also. I freely use these devices in my home and vehicles without causing him any discomfort or sinus issues. My health has also improved; I have more energy, am more active and no longer wake up coughing and wheezing.

Author	Date
Derek in Fl.	2014-05-21 23:36:00
Website address	
<a href="http://testimonials.casaa.org/testimonials/derek-in-fl/">http://testimonials.casaa.org/testimonials/derek-in-fl/</a>	

I am in my early forties and have smoked since the age of fifteen. I have previously tried quitting with all the commonly recommended methods. Chantix made me depressed, completely flattened my mood and made me generally miserable. Neither the patch nor gum helped @ all and quitting cold turkey I only made it two weeks. I had resigned myself to being a smoker until the day I died. Then, thanks to a close friend of mine who managed to kick a forty plus year habit, I tried my first "e-cig". It was amazing; within a week I had completely stopped smoking. It has now been almost four years since my last cigarette (Oct. 2010 was my last). E-cigs are useful because they address all aspects of the smoking addiction. The hand to mouth action, the mouth-feel, and physically seeing the vapor while I was vaping. I will also add that having different flavors is very useful in stopping smoking. Hopefully my testimonial will help someone else quit.

Author	Date
Diane / Kamanjah	2013-05-24 01:43:00

Website address
<a href="http://testimonials.casaa.org/testimonials/diane-kamanjah/">http://testimonials.casaa.org/testimonials/diane-kamanjah/</a>

I started smoking in 1967 and have not smoked a cigarette since January 15, 2009. I tried nicotine gum, patches, Wellbutrin (that was a disaster that caused severe depression) and even cold turkey to quit, but I kept going back to cigarettes until I began using electronic cigarettes. It took me five days to totally quit smoking cigarettes after I got my first two kits. My health is much better than it was before I started using electronic cigarettes simply because I am not inhaling smoke. I am still using electronic cigarettes and have suffered no side effects. Since my brain functions much better with nicotine, I have no desire to stop using them. I have several health issues, and nicotine helps me function. There is one positive "side effect" though - I no longer smell of stale smoke! Last year at a doctor's appointment, I was asked if I had ever smoked. I said yes and asked why. The medical assistant said my blood oxygen level was so good she figured I was a life-long non-smoker. My husband was also a smoker. He decided he wanted to quit.

He used my electronic cigarettes when he really wanted a cigarette. He just plain quit! Said the e-cigs were too much hassle. Every so often he'll borrow one, but he's a non-smoker now - and e-cigs are the only thing that ever worked for him in his many efforts to quit.

Author	Date
Doc LaShoe	2015-11-16 17:50:44
Website address	
<a href="http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=7398">http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=7398</a>	

I am 71 years old and have smoked at least a pack a day since my late teens.I have tried several times to quit,cold turkey (lasted 2 weeks),Chantix,(bad physical and mental reaction)Nicorette gum(a joke)I was chewing and smoking at the same time. A friend told me about E-Cigs and I tried them. I tried several brands before finding the one I use now.(Regular tobacco flavor,Low nicotine) It has been 2 years since i have had a cigarette no longer stink like an ashtray. I can enjoy my sense of taste again and my cloths don't smell like cigarettes anymore. It feels good to be with and talk to people without feeling self-conscious about that repulsive oder.I have had no ill effects from E-cigs. P.S I haven't ruined any clothing with ash burns since I've Quit.

Author	Date
duketx2010	2015-06-26 21:45:49
Website address	
<a href="http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=4723">http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=4723</a>	

Hi, I started smoking at 14 and I am now 40. My choice of cig was Marlboro red's and I never thought a device would ever measure up. So after smoking for many years and after trying the patches, chantex, and even smokeless tobacco I bought a vaping device. The thing is at that time I was not trying to quit smoking, I just wanted to try out the vaping seen, and it was something I could use at work. As time went on I found myself using the device more often and at some point I sat the pack of smokes down and never picked them up again. It has been a year and a half and I am a believer in these vaping devices. With each Doctors visit my oxygen level was going up and that is scientific proof that my health improved. So yes I will fight for my right to vape!

Author	Date
gary mc	2015-10-31 00:21:46

Website address
<a href="http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=6368">http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=6368</a>

Just felt i had to say something on such an important issue. I had been a smoker since my mid-twenties, and after 24 years, smoking a pack a day, i had to see a doctor due to breathlessness. To be truthful i feared the worst after the examination, and thought i was in a bit of trouble due to smoking, but i was lucky it was asthma i had and was prescribed 3 different inhalers to help me catch a breath, that's when i knew i had to stop smoking but i had been a smoker that long i was failing, and failing badly. So a friend said i should try vaping it had helped him stop and was smoke free for 18 months, so i decided to give it a go because my condition was getting worse by the day. That was just over 4 months ago and i have never looked back, my health improved far more than i could have imagined, where i was using inhalers 5 or 6 times a day i only use my preventer inhaler, when i need it. All that was down to starting on a starter kit, after a long chat with the local vape shop owner, on 12mg nicotine which i was on for a while and have since dropped my nicotine level down to 3mg. I am now at the stage that i have various mods and tanks and am getting healthier by the day. If the proposed changes do come into place i would like to think by this stage i should stay off the cigs, but the newer vapers and people who are thinking of quitting cigs and trying vaping, they don't stand a chance they will be back on cigs for sure. With the help from the vaping community i am enjoying life again, and without them i would still be breathless and still smoking cigs. Just hope others get the same chance that i did for a healthier life

Author	Date
glointhedark	2015-10-31 14:45:00
Website address	
<a href="http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=6637">http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=6637</a>	

I never marked the exact dates that we quit smoking or started vaping. I never realized that this information would be important to anyone other than my daughter and me. I have arbitrarily set January 1 as our quit smoking/started vaping date. My adult daughter and I quit smoking cigarettes almost 10 years ago, not because we wanted to - we did not, we both enjoyed the physical act of smoking, and cigarettes seemed to help us deal with the stress in our lives - but because we could not afford for both of us to continue smoking due to price increases. We share housing and living expenses, and neither of us wanted to be the one to continue to smoke and tempt the other, so we both quit, cold turkey. It was not easy, or pleasant, for anyone concerned. The cravings never left us, but we managed to work through them. There were days when I literally made a deliberate effort to stand downwind of a smoker at the bus stop, just to get a whiff of their smoke.

Almost 4 years ago, things started coming to a head. We still had cravings. The stress in our lives ramped up when we realized that we would have to move our small family - including my grandson, who has autism - across the country in order for my daughter to get her externship and complete the requirements for her Doctorate in Audiology. I literally started begging my daughter to pick up some cigarettes for me. I was having a really hard time coping with the thought of moving to the west coast, further away from friends and family, with a young adult with autism. My daughter did not say anything to me at the time, but she was having similar problems and desires to start smoking again. She did tell me that she had heard somewhere about ecigarettes. We did some research. We hemmed and hawed for a few months. Personally, I did not see how these ecigarettes could replace the desire for and satisfaction that I got from a cigarette. My daughter finally cracked. She called me when she was out shopping one day to say that she had gotten herself a cigalike disposable, just to see if it would help with cravings. I told her to bring one for me to try. Well, I'll be darned! The silly things worked. We bought a couple of cigalike starter kits, started refilling the cartomizers with eliquids that we thought sounded tasty - no tobacco or menthol flavors - and continued to be ex-smokers. We have graduated to Kanger Evod setups. We have several eliquid vendors that we use on a regular basis. We enjoy many different flavors (all non-tobacco flavored). Ecigarettes are a major factor in our continuing to be ex-smokers. If my daughter had not heard something about ecigs online, and if we had not pursued researching ecigs, we would certainly have gone back to smoking with the resultant health consequences. Thanks to vaping and ecigarettes, we are still ex-smokers, and proud of it. We fully intend to continue using ecigs to keep away from cigarettes. Many, many Blessings be upon the inventor of the ecigarette and those who continue to work on improving the products, including those who are making and working on flavors that convince smokers to get away, and keep away, from cigarettes with all their harmful and cancer-causing chemicals. My daughter and I are not interested in "cloud chasing". We only want to continue to be ex-smokers. We have been successful in this endeavor thanks to ecigarettes.

Author	Date
glointhedark	2015-11-24 20:43:19

Website address
<a href="http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=7871">http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=7871</a>

My adult daughter and I quit smoking, cold turkey, almost 10 years ago. It was very difficult for both of us. We did not want to quit, but were unable to afford cigarettes for both of us and still keep a roof over our heads and food on the table. We somehow managed to get through the cravings, which never left. There were days when we would deliberately stand downwind of smokers while waiting for the bus, just to get a whiff of their cigarettes. It was such a temptation to try to "bum" a cigarette from one of them, but we knew that once we started again we would not stop at one. Almost 4 years ago, the temptation to smoke again got extremely strong. My daughter was in graduate school, working for her Doctorate. We were faced with the prospect of moving our small family across the country so that she could complete her studies. She had already had to quit her part time job due to scheduling conflicts with her classes and outside of school placements arranged by her school so that she could learn in "real-world" environments. We had to work with my grandson, who has autism, to get him on board with an extreme move across the country. We had to figure out where the money was going to come from for the move, housing, etc. Between stress and cravings, we were extremely close to becoming smokers again. My daughter had heard about ecigarettes somewhere - she is not sure where. We started looking into it. While we both really enjoyed smoking, we did not want to undo all our hard work in resisting the temptation to start smoking again. We started looking into ecigarettes and vaping online. We did research. We hesitated. We did more research. The stress mounted, along with the desire to curb it with a cigarette. My daughter finally caved, and got herself a disposable ecigarette. When she told me, I had her get one for me, too. I was extremely skeptical that vaping would work for either of us. Was I ever wrong. After the first couple of "puffs" the desire for a cigarette was gone. We cut a few things from our very meager entertainment budget so that we could get starter kits for each of us. We found a vendor online with reasonably priced eliquids so we could refill the cartridges that came with our kits. We discovered the wonderful world of ecigarette flavors. We were happy, and still ex-smokers. We have since moved on from our original cigalike starter kits to units that are made to be refilled (Kanger Evod). For us, vaping and ecigarettes are a Godsend. We certainly would have gone back to being cigarette smokers if it were not for vaping. Tobacco and menthol flavors play no part in our vaping experience. I am 66, and my daughter is 38. We are not kids, by any means. We favor fruit and bakery flavors. The choice of flavors and equipment are what is keeping us happy and content ex-smokers, along with the fact that, after the initial startup costs for equipment, vaping is so very much less expensive than smoking, as well as a cleaner (no ash or cigarette butts), healthier (around 95% less harmful than cigarettes) alternative to tobacco. We both still continue to use nicotine in our flavors. My daughter uses 18 mg nicotine, and I use 12 mg nicotine. Thanks to a chance discovery by my daughter, we both continue to be ex-smokers. The temptation to smoke tobacco is a thing of the past for both of us.

Author	Date
Jason B., Cambridge, Md	2013-08-01 00:53:00

Website address
<a href="http://testimonials.casaa.org/testimonials/jason-b-cambridge-md/">http://testimonials.casaa.org/testimonials/jason-b-cambridge-md/</a>

My name is Jason, and I'm 38. I started smoking cigarettes when I was 15, in 1990. I never truly tried to quit smoking until Nov. 2012, as I was convinced that there was no way that I would be able to do it, and honestly didn't want to. I had tried to go cold turkey, half-heartedly, a handful of times, but I just couldn't imagine life without cigarettes. In Nov. 2012, after I had just recently become a father, I became seriously worried about my health. I made the decision to try the V2 brand of e cigarettes, attempted to both smoke cigarettes half the time, and use the V2 the other half of the time - swapping one for the other. That lasted for about a week. Fast forward to July 2nd, 2013. I decided that it was time for a serious attempt to quit cigarettes. I ordered some blank cartridges for the V2, and some e liquid to fill them, instead of the pre-filled cartridges that V2 sells. The choices of different flavored liquid, and the choice to make my vapor experience personal is what got me off cigarettes. I promptly ordered a more sturdy setup of Joyetech eGo batteries, liquid tanks, and various liquid flavors. I haven't smoked a cigarette since July 2nd. My lungs feel almost new, I don't stink, and I'm no longer harming my own, and my family's health. I started at 24mg nicotine liquid, and have already stepped down to 12mg. I am 100% convinced that the e cigarette is the ONLY WAY that I would have been able to quit smoking. I am thankful every day that this technology is available, and that it provides a legitimate and healthy alternative to tobacco products.

Author	Date
jdillin	2015-02-05 21:03:43

Website address
<a href="http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=3488">http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=3488</a>

I have been smoking since I was 16. I have 2 children now and I feel like I've missed out on so much of their lives so far because I was smoking. I started right back up after both pregnancies. My child has been around 2nd hand smoke, even though we all know the risks that come along with it. I risked my children's health just to get my nicotine fix. I was always in the garage smoking while they play in the living room. Every hour on the hour I had to go get my fix. Then I discovered vaping. I have been vaping for 7 months and haven't gone back to smoking since! I feel better, I smell better, my car doesn't smell like an ashtray and my kids are no longer breathing the chemicals from cigarettes. Vaping has changed my life. I'm not missing out on anything anymore just because I had to spend 10 mins outside smoking a cig. I will live a lot healthier, longer life tanks to vaping and my kids are thankful for it too.

Author	Date
Jeanne.CtExSmoker	2015-02-05 20:04:43
Website address	
<a href="http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=3296">http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=3296</a>	

More than a testimonial, my statement is more of a commendation on electronic cigarettes and how overjoyed I was to find out there was a wise alternative to smoking cigarettes that actually worked. I had been a very active smoker since the age of 16 and I am well into my 60's. Fifty years of smoking cigarettes, FIVE-O! This was an addiction of epic proportions. My son also picked up my bad habit. I didn't just 'like' to smoke cigarettes, I 'loved' smoking. There were of course many reasons that I didn't like to smoke. I didn't like that my breath, hair and clothes smelled worse than the smell of cigarette smoke, it has a particularly obnoxious aroma when it adheres to surfaces that become saturated with it. Even my own health and diagnosis of COPD didn't compel me to stop smoking. I had serious upper respiratory infections requiring antibiotics at least twice every year. I only curtailed my smoking during these infections only because I coughed so violently that I couldn't catch my breath long enough to inhale a cigarette. It was three years ago, January 2012 that I decided to buy an e-cigarette start kit online because at that time they were not sold at my local convenience stores. It's funny now how I sometimes forget important dates in my life, but that date is one that I'll never forget because I'm convinced my life was saved in January 2012. I got the kit and charged up the little battery and screwed it onto the little white plastic cigarette that lit up red at the end. I supposed makers of these feel that we smokers really need to see that little 'lit' end on the plastic cigarette. I sort of enjoyed the vapor. It was cool and not warm, and it left no unpleasant taste in my mouth. There was no smoke to stick to the walls of my basement room where I called my 'smoker cave'. I did more research online by joining others in chat that had switched from analog cigarettes to a vapor producing e-cig. I had felt at that time that the name of this product, the 'e-cigarette' was misleading and should have been called 'e-vapor' instead. There's something in people's minds that will always make a direct connection with tobacco smoke and electronically produced vapor. The e-cig chat community helped me greatly by recommending a product called the eGo-T. I immediately ordered the starter kit which cost about \$80 at that time. I also ordered a few bottles of e-juice in different strengths and flavors to test. I was still smoking cigarettes at this time despite giving the little plastic e-cig a good try. I started vaping with the eGo-T and thought it was pretty damned great in all respects. By the third day, I had picked up the electronic cigarette instead of my tobacco product to have with my morning coffee. After that, I thought "why do I even have cigarettes anymore?". I never bought another pack after that day and considering they're well over \$8.00 a pack here, I've saved thousands of dollars over the past 3 years. And by the way, my son saw how successful I had been at quitting smoking cigarettes that he decided to give e-cigs a try. He absolutely loved it from the first day and hasn't gone back to smoking cigarettes. Finally, let me speak medically since I am a nurse, and yes, a pretty bad example of what a nurse should not do. I have four different doctors. Of course I see a general practitioner for my general health. I'm seen by a Cardiologist for atrial fibrillation. I'm routinely seen by an Oncologist for anemia. I see an Endocrinologist for once a year infusion of Reclast to replace bone loss in women with Osteoporosis. One by one as my visits were scheduled, I brought my eGo-T with me to discuss with them their feelings on my using it instead of cigarettes. I am being honest and sincere here when I state that each and every one of them had no problem at all with me using the e-cig. The one I was most anxious to get an opinion on was my Oncologist. I pass

by the big room with the reclining chairs as I go to my exam room. Usually there's 3 to 5 people sitting in there receiving their chemotherapy infusions for cancer and I can assume that out of those 5 there are at least one or two ex-smokers sitting there. After quitting smoking for one year I had a total knee replacement. I needed it but was reluctant to have it because of the anesthesia and the condition of my lung function. But after one year, I felt secure enough to go ahead with the procedure. My surgery and rehabilitation went better than I expected and I owe part of that to the fact that I was now a non-smoker. I haven't had one of those debilitating respiratory infections in the past three years. How can any non-smoker possibly question or doubt the real evidence that e-cigs work better than any gums, patches or Chantix? All of those by the way, I had tried in the past with absolutely no success at all. We ex-smokers are healthier, and there is no doubt whatsoever that we're saving many millions of dollars of State and Federal money in health care costs. We aren't polluting your air with our vapor and if you think we are, you're just dead wrong about that. Could it be that big tobacco company interests just do NOT want to see smokers quit? That sounds about right to me.

Author	Date
Jo Nathan from Northern Virginia	2015-11-19 15:02:09
Website address	
<a href="http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=7648">http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=7648</a>	

I remember working at a fast food restaurant at the age of 16, and that's when I tried my first Newport cigarette. I actually stole one from my supervisor's pack that he left lying around. After my shift, I walked out to my car in an empty parking lot, cracked the windows, and lit my first cigarette. Sure, I gagged and immediately became sick with that first drag, but the "buzz" that followed was like nothing I've experienced before. So, I came back for more, and before you knew it, I was a "pro" at smoking! I joined the Air Force at 17 years of age, and anyone in the military knows that smoking cigarettes was almost a given if you wanted to be social during your off time. Little did I know (or care) that this combustible stick of death, would ensnare me into a world where I wouldn't even be able to function until I had my morning cigarette. After only a year of smoking, those heady buzzes and feelings of euphoria when lighting up, all but disappeared. I was now smoking, only just to maintain my sanity! Fast forwarding to 21 years of age, if I went too long (an hour or less) without lighting up, I would become anxious. I would start becoming fidgety. Sometimes I would binge eat if I didn't have a cigarette to curb my appetite. And sometimes, I would just become so bad-tempered, people would let me have one of their cigarettes so they wouldn't have to experience my wrath! I would get stressed out at work, and I thought a cigarette would help, but all the cigarette did was pacify my addiction, giving the illusion of calming me down. When enough time had gone by, I would be back at square one, stressing out, in "need" of a cigarette. It was a vicious cycle. And this vicious cycle, led to my declining health. I was once an avid basketball player, I loved runnin and gunnin down the field, playing paintball with my friends, I was into anything physically active. But thanks to the cumulative effects of cigarette use, I couldn't run more than a half mile, without gasping for breath. But my reality check moment was when I was visiting my parents while on leave, and I snuck around to the side of the house to get my "fix". My parents knew I smoked, but that didn't mean that they approved. And truth be told, I was ashamed of being hooked on cigarettes, and looking like a disappointment in my parents' eyes. But the addiction was too strong, I HAD to have a cigarette. So, I would smoke, out of their sight, so they wouldn't have to see me destroying my life, one smoke at a time. So I was smoking outside, around the side the house, and I could hear kids playing in the backyard. My youngest sister, who was no older than 7 years of age, came running around the corner, and saw me smoking. Even at this young age, she was already taught by her teachers about how bad cigarettes are and how they're killing people. She immediately started bawling, and screaming, urging me to put out the cigarette. Saying I was going to die because of cigarettes and she wouldn't have a brother anymore. She basically made me look like the scum of the earth in front of her friends and all the parents that had come to the house that day. It was because of that public humiliation, I said to myself, that I need to break the chain, and get off these cigarettes. I wish I could say that this was when I found vaping, but this was back in 2002, the modern e-cigarette wasn't invented until 2003 and not introduced to the market until 2004. And truth be told, I didn't seriously consider vaping until about 3 years ago. Nevertheless, I said that I need to quit smoking now. This is when my long list of failures and re-lapses occurred. I tried the nicotine gum, FAIL. I tried the patch, FAIL. I got a prescription for Zyban.....It gave me messed up vivid dreams, made my heart beat fast, I was even less physically active because of the increased heart rate. So, that too was a huge FAIL. I even

attended smoking cessation classes. And the most ridiculous advice that was ever given to me, was administered during one of those smoking cessation classes! The "teacher" said, in order to be more successful at quitting smoking, you need to stay away/refrain from engaging in activities that trigger your need to have a cigarette! I immediately raised my hand and said, "So, you want me to give up eating food, watching football, playing video games, having a BBQ with my friends, going out with my friends on weekends, SEX, coffee, waking up in the morning, basically having a life?????" And she said, "Well, if that's what will keep you off cigarettes, YES." It was at that moment, I stood up and left the class, never to return. Before vaping, the closest I have come to quitting cigarettes, was just quitting cold turkey. The first 3 months were excruciating, but as time went on, it was easier to live a life without cigarettes. For almost 2 years straight, I haven't had one cigarette or tobacco replacement product. But you know what was weird? There wasn't ONE DAY during my complete abstinence from tobacco, when I wasn't thinking, "Man, it would be great to have a cigarette right now!" Even when I was doing my best, I was still hooked, and wanted a cigarette so badly! Until one day, I had a very horrible day at work and going through some tough personal issues, and I broke down and bought a pack of smokes. And just like that, my almost two years of cigarette sobriety, was gone in a puff. Flash forward to 2012, I'm still smoking cigarettes, not as much as I used to, but still addicted. I'm dating my, now wife, whose parents lived in upstate New York and we lived in Northern Virginia. To drive up there was about a 9-10.5 hour drive, only stopping for gas and food. As much as I wanted to, I never lit a cigarette in my 2012 VW GTI. I wanted to keep that baby looking and smelling as new as possible for as long as possible. But this long road trip, was gonna kill me! That's when I bought my first BLU e-cig. Long story short, the BLUs held me over, until I got to NY, but I needed a cigarette so bad by the time I got there! So, in a pinch, I guess these cig-a-likes were ok, but I still needed cigarettes in my life. The year 2013 comes around, and I hear about VUSE e-cigarettes, another cig-a-like, and honestly, these did a much better job than the BLU e-cigs. But even as good as they were, I was spending A LOT of money on those disposable cartridges! The company that owns VUSE, says that one cartridge is equivalent to one pack of traditional cigarettes. If that's the truth, that meant I was smoking close to TWO packs a day! And I still found myself going back to traditional cigarettes. My very first vaping setup was an Ego C-Twist with a CE2 Clearomizer. I have to be honest with you, at first I could not accept that vaping was going to replace my need for cigarettes. And in the beginning I was right, I still smoked cigarettes on occasion. It wasn't until I visited my local vape shop, and asked if there was something better out there to help keep me off of cigarettes. That's when I was setup with my first KangerTech Aerotank! The flavor and the vapor that came off of that atomizer was nothing like I've experienced before! I was an avid hookah smoker too, so my experience with this atomizer was very similar, and so I took to liking to it very quickly! A very important factor in vaping that I believe was successful in me quitting cigarettes for good, is all the plentiful choices in flavors! Even when I was a smoker, I hated the way I smelled, the way my clothes smelled, the way my breath and fingers smelled after I was done smoking one! And to be truthfully honest, I can say that I wasn't such a big fan of the taste either, but because cigarettes are so highly addictive, even knowing how it was going to taste and knowing how it was going to ruin the way I smelled, I still smoked! But going back to the flavors that vaping currently has to offer. As the saying goes, "Variety is the spice of life", and vaping is no exception to the rule. Why are there literally hundreds, if not thousands, of restaurants for people to choose from for their next meal? Why does every car come in different models, colors, engine sizes, and additional options? Why is there a never ending array of different houses one can buy? I'll tell you why: Because ADULTS crave variety. ADULTS want items, food, cars, etc. to suit their individual unique wants and needs. I find it

absolutely ridiculous that there are those that believe and even accuse the vaping industry of targeting kids. I wonder if we grouped all of these accusers in the same room, if they'll all look like Children of the Corn, all wearing the same exact clothes, same hairdos, same shoes, etc.? My bet is that they'll all look different. But wait, they're all wearing a variety of different clothes?! That must mean the fashion industry is targeting kids! They need to be shut down! Oh no! Different hairstyles??!! All hair salons and barber shops need to be put out of business, to protect our children! Can you see how ridiculous this is sounding right now? When I made the complete switch to vaping exclusively, things started changing! I was breathing better! I was no longer coughing up foreign substances in the morning! Food tasted better! My clothes no longer wreaked of dirty ashtray! Quality of life was definitely improved! I am going on my 38th birthday at the end of this month and it has been nearly 3 years since my last cigarette! My only regret is that I wish I had switched to vaping much sooner! I only wish vaping had been around when my grandfather was still alive. He died due to complications from smoking. He did manage to quit a few years before he passed, but the damage was already done. I was deployed to Afghanistan when I found out he was living out his last days, and the military did not recognize grandparents as immediate family. So I never got to say my final goodbyes to someone very important in my life. If vaping had been around much earlier, there's no doubt in my mind that he would still be around today. I sincerely hope that this is the last Quitting Story I will ever have to write, because I hope vaping will be here to stay. To take away vaping from the millions of us who have successfully quit smoking combustible tobacco products, is to re-sentence us to an earlier death.

Author	Date
Julie (JJ from GA) Anderson	2014-05-21 21:30:00
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My name is Julie and I began smoking seriously as a teenager (age 14) although I smoked when I could do so privately (without being busted by parents or adults) since age 12. Like most other teens, I was sure that I would never get 'hooked', not me!, I was too strong for that! I truly enjoyed smoking!! Then I got a little older, began paying attention to all the 'possible health risks'--but none of it was enough to make me quit. Then I married and we decided it was time to have children. I couldn't quit. I tried. I tried HARD. I COULD NOT QUIT. I cut back as much as I could during pregnancy, and heard all the hateful comments, and cried in private because I COULD NOT QUIT. In 2009, a friend talked me into trying a 510 cigarette with an atomizer that required constant dripping. It was a PITA (pain in the #\$\$%) and the vapor was lacking at best. Finally, in 2012, my husband (who NEVER smoked) asked me to look into e-cigs as his brother and mother had successfully quit cigarettes. I talked to a few friends; but really I figured I would try (again) for another week to prove I'd made an effort and go right back to smoking. I honestly didn't intend to quit ;) So a work friend turned me on to an EGO and 3 days later... I threw away the remaining 6 packs from my last carton and haven't looked back since! I was a smoker for 38 years and a serious smoker for 36 and even though I wasn't truly looking to quit, all it took was an EGO and sugar cookie liquid! (Sugar cookie is still my hands-down favorite 'comfort vape'.) Over the last two years I've tried numerous hardware types (18650, 18350, 18500, 26650, 26500, 123A, 10440 battery MODs, mechs, 350, 650, 800, 900, 1100 EGOs and EGO-types, Twists, Hybrids, etc) and countless (over a 100) flavors in varying nicotine strengths. These days I use several different MODs (depending on my location/mood) and rotate through 10(ish) flavors regularly. I went all the way down to zero nicotine, but discovered I'm very scatter-brained and quite bitchy at zero nic...so now I usually pay my local vape shop to put 2-3 drops of nic into my bottle which is probably less than 1% but it's enough to keep my body and mind happy. If I'm upset, I find I vape more and when I'm deeply engrossed in an activity or reading, I don't vape much at all. It's been over two years since I had a cigarette and the last time I TRIED to smoke one (2 days after my EGO discovery), I couldn't finish it because it made me cough and tasted like caca! I can't imagine giving up my e-cigs. I'm healthier. I've missed less work and have the timecards to prove it! I feel better. I can taste so many more flavors in food. My car/house/clothes/breath smells soooo much better. On the negative side, I tend to be a bit more easily distracted, I'm guessing from a lack of nicotine. Anyway, that's my story. Julie (JJ from GA)

Author	
Julie Leonard	Date
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I am a vaper, I am here to tell my story why i got off cigarettes I have been on and off smoker since i was 10 years old. I am going on 50 this year. I have had problems with respiratory from smoking and circulation problems since i have been vaping the leg problems and breathing issues has gone away. i went from smoking a pack a day to 0 in one day with vaping. the cigarettes i smoked were ultra-lights and i went from vaping 6mg down to 3mg and soon Omg I no longer smoke cigarettes.it has been 4 months and no longer can stand to be around a cigarette or smell one.my home smells better as well. my favorite flavors to vape are fruit, and desserts. To vape with I use an Istick 20 with a mini nautilus tank. Since quitting smoking my taste for food has come back and smell has returned. Now i can work out without being out of breath in fact i can ride my elliptical for 5 miles! I have also helped my family members quit smoking with vaping as well. My hair skin and clothes smell so much better and people enjoy being around a non-smoker! Thank You that is my story.

Author	Date
Justin Baugh	2015-02-05 20:15:29
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I started smoking in high school, trying my first cigarette around age 16. At age 17 I was a smoker, in the proper meaning of the term. I liked smoking, the feel of the smoke filling my lungs and the exhaling afterwards filled some sort of "hole" in my life. I was introduced to cigarettes through friends and my then-girlfriend. My grandmother and grandfather smoked. My father had smoked before I was born. Some of my aunts, uncles, and friends of the family smoked as well. Smoking was not unnatural to me, in theory. In practice, smoking was a way for me to relax. The act of inhaling and exhaling was therapeutic, in a way. I enjoyed what smoking did for me; at least, for the first few years. Ten years later, I found myself out of breath, out of shape, and out of will power to put down my near pack a day habit. I was addicted. I was no longer happy. I knew I needed to stop the destruction caused by my once-favorite activity. I had no interest in nicotine gum. I had no interest in patches that have proven ineffective for many smokers. I knew I wanted the nicotine. I knew I really did enjoy inhaling and exhaling something other than air from my lungs. No product existed which would allow me to be both healthier and happy, or so I assumed. The year 2013 came like any other, presenting me with new hope of changing my current state of mind about what I needed to do (quit smoking). I looked long and hard for alternatives that would help me cut back at first. I bought smokeless tobacco products including wintergreen dip and snus. I had good experiences with those products in the past (great for Army combat convoys and in training). The only problem was that I missed that feeling of filling my lungs. (I would like to find studies conducted on this phenomenon: the enjoyment of filling the lungs with something other than air.) Just when I thought I would have to go back to smoking again, I found Blu. Blu was the very first e-cigarette I tried. I had heard that it was water vapor and nicotine, not smoke and tar. I was willing to give it a chance. It was somewhat fulfilling, but not quite all that I had hoped for in a tobacco cigarette alternative. The vapor tasted different. It tasted good, at the time (more about flavor later). It just lacked the thickness and warmth that I experienced through tobacco cigarettes. I gave in and bought a pack the next day. A few months later I decided to give vapor a try again. My chest had begun to feel tight when I smoked and I felt much less in shape than ever before. I was tired just walking down stairs. DOWN stairs, for crying out loud! I went out to find a new e-cigarette. Blu just wouldn't do this time around. Luckily, the gas station I frequent had two more brands in stock. One came from a tobacco company (I didn't want that one) and the other was a NJOY King. The NJOY was much better than the Blu. Better vapor production and more of that smoking experience; warmer, more nicotine, and less fancy. That became my choice e-cigarette. I was a dual-user for about a month. Then I discovered the art of vaping a personal vaporizer (PV). On December 10, 2013, I walked into a local hookah bar/head shop. This was the only establishment I knew of which carried personal vaporizers. I purchased an eGo battery and a Kanger Evod clearomizer, with a few replacement heads. For juice, I chose a tobacco flavor over something fruity or sweet. I wasn't against the idea of flavors. The shop was merely offering flavors I did not like. Upon my return home, I filled the PV and let it sit for 15 minutes, letting the wick absorb the juice as I was instructed was necessary for proper flavor and performance. Never in my life had I been so nervous. I knew that if this failed to satisfy me I would be a smoker forever. The first inhale and exhale of vapor was interesting. I noticed a dramatic difference in quality and

experience from the previous e-cigarettes I had tried. The flavor was better. The amount of vapor was better. The feeling I had been searching for in an alternative to tobacco cigarettes was finally in my hands. I felt power flow back into my body and my soul. I felt that I could finally be done with tobacco, once and for all. I felt happy. To this day (January 27, 2015) I have not smoked a single cigarette. My lungs have been given life again. I can walk upstairs and down stairs and even run without becoming tired quickly. I feel healthy (other than not working out as much as I should). I have gone through a dozen different mods and styles of atomizers (clearomizers, tube tank cartomizers, RBAs, RDAs, etc.). I have progressed to building my own coils, in both RDAs and RBAs. The process is easy, once you know Ohm's Law and elementary electronics (a 2nd grader could build a coil with instructions). Flavor has been an issue for me. For a while, I had stuck with tobacco flavors. Those became dull and boring to my taste buds after a few months. I then switched to vanilla flavors and fruit flavors. Many different brands of e-liquid later, I, and my beautiful girlfriend, have become quite good at mixing our own flavor combinations. We have even been starting to plan our own e-liquid company. The details of that are G-14 classified, but with the current regulatory agenda in our state and the federal government, our plans are not looking good. The point of this story is that I enjoy vaping. I like the feeling of inhaling and exhaling something other than air. I have a feeling that I am not alone. Vaping has saved my life. I would like for others to have the same gift of hope and life now and in the future. Vaping is not smoking. Vaping will never be smoking. Vaping is life after death for a smoker. Let's work hard to keep it free from obstruction.

Author	Date
Libby Heller	2015-02-05 20:07:40
Website address	
<a href="http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=3305">http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=3305</a>	

I started smoking at the age of 11 yrs. At the age of 54 I had a surgery which required me to quit smoking at least 6 weeks before surgery. Approximately 6 mos before, I began experimenting with the disposable 'cigalikes.' I really disliked them, but stuck with it anyway, as I was afraid that I would gain weight if I tried quitting without some sort of assistance. On one occasion, my 'cigalike' power died, and I went into a local grocery store to try and replace it, but they did not sell them. I struck up a conversation with the young man at the service desk who told me about a website that sold e-juices and vaping devices. I told him I had been using the disposable cigalike type, but didn't really like the taste of them. When he told me about the variety of flavors and strengths of the e-juices, I was sold! I ordered my first vaping 'pen' and e-juice, and I loved it! My original intention was to taper down the nicotine content and eventually quit vaping as well, but as i 'graduated' to bigger , more sturdy devices and a greater variety of flavors, I found I was enjoying this vaping so much that I decided NOT to quit! That was a year and a half ago. I DID taper off the nicotine content almost immediately. Within about 3 months I was down to a light content of 6 mgs, where it has remained for over a year, But that's not the exciting part! I found that with all the available flavors I could 'vape' all my 'guilty pleasures' without actually eating them! Since I started vaping just over a year and a half ago, I not only never smoked another cigarette...but I lost 60 lbs! I am so pleased with these results that as long as these products are available to me, I will keep using them! I will be very disappointed, however, if my right to vape becomes regulated and restricted to include only tobacco and menthol tobacco flavors which I found quite awful at the start of my vaping experience. I now notice IMMEDIATELY the stench of a burning cigarette (as well as the lingering stench when it's done burning) I cringe at the odor that wafts from my neighbor's apt whenever they open the door, and even lingers outside the door in the hallway when their door is closed! I can't believe that's the way my home, car, clothes, breath, hair, etc. smelled for almost 45 years! I NEVER want to go back to traditional cigarettes, but I fear I might if my variety of e-juices becomes restricted!

Author	Date
Linda, Central Florida	2014-07-25 01:58:00
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After smoking cigarettes for over 40 years, I was able to quit by trying various e-cigs and juices! My doctor had been telling me for years that I need to quit smoking ASAP. After 2 months of being cigarette free, doctor was shocked - said my lungs sounded like a non-smoker! Not only has my health improved dramatically, but blood pressure and cholesterol as well!!! I have read some studies (not done in the US) on vaping that claim it is really not harmful especially when compared to cigarettes and I am proof of the health benefits! I had tried on many occasions to quit cigarettes with no luck. I tried a cigarette type mod - really did not like at all so kept smoking. I was advised by a fellow vaper to try a variable voltage battery and a tank - jackpot!! I now have three favorite juices, all 8mg nicotine, that have satisfied any cravings - one coffee blend, one mixed fruit and a coffee tobacco blend. I believe with the choice of flavors, batteries and tanks/cartos being available, anyone could stop the cigarettes and see immediate health improvement.

Author	Date
Lori Arizona	2015-02-05 20:07:22

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I smoked 3+packs per day for over 30 years. I tried everything to quit (patches, gum, hypnosis, cold-turkey, pharmaceuticals, etc...), but quitting never lasted very long. Now that I have been using ecigs, I have not had a real cigarette in over 3 years. Ecigs have been a life saver for me. Now I can smell and taste again. My house and clothes do not smell like smoke. My lungs have expanded capacity. I can go places without worrying about how my smoking effects / offends other people. One of the most important things about my ecig success is the availability of options such as different flavors, amount of nicotine, etc... My ecig experience started with simple devices that looked & tasted like real cigarettes, and, just used them in public places where it was not good to smoke real cigarettes. Over the first six to nine months, I gradually went off real cigarettes completely - larger mods, tanks, and, finding right flavors were key. I remember the day I said 'I do not need real cigs anymore' - almost 4 years ago.

Author	Date
louie624	2015-06-12 04:22:41

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I smoked for 18 years from the age of 13 to the age of 31, after many attempts to quit using patches, gum, lozenges, prescription Chantix and cold turkey nothing worked for longer than 3 months at a time, each time i quit nothing helped with my cravings for actual nicotine from cigarettes or chewing tobacco. My life changed for the better one late night driving my rig up the interstate i pulled into a small gas station just off the highway for a coffee and yet another pack of cigarettes, standing in line i noticed a display for a disposable e-cigarette on the counter and being cheaper than my usual smokes, I said ah heck if I get it and don't like it anther truck stop is 40 miles up the road anyway. The first few pulls of it were kind of sweet almost like candy with a hint of tobacco finish, stopped up the road about 80 miles further and bought another e-cig liked vaping so much once my smokes and chew ran out i never bought any more tobacco, just upgraded my vape gear and after 3 years I'm able to run and climb stairs without being winded. My wife of 7 years is so happy that I gave up the stopped smoking she even buys me juice sometimes as a surprise, having all these wonderful flavors out there to choose from keeps me from snacking and gaining a lot of weight very hard to do being a trucker all you do is sit and smoke and drive or eat and drive, vaping has been the most positive thing that I've done for my health and my family's health, the only regret I have is not starting to vape sooner

Author	Date
Malik Hassan	2015-11-18 02:59:55
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I was a smoker for 25 years and tried numerous times to quit with no success until I found e-cigarettes (I tried nicotine gum, patches, and cold turkey methods). I have been tobacco free for almost 7 years now and have absolutely no desire for a cigarette. My health has improved greatly (I used to get severe colds, bronchitis, or pneumonia every year while I was smoking and was diagnosed with COPD), and my family life has as well. I no longer have to lie and hide from my family to smoke. PLEASE do not put in place any legislation that will affect my current quality of life, and please do not limit us as vapers to only tobacco flavored liquids as I can't even stand the smell of tobacco anymore much less the taste. I use mods and menthol or fruit flavored liquids now. I never went back to smoking or used cigarettes and e-cigarettes at the same time, there was no need to as I no longer had the desire to smoke. I feel better, smell better, am saving money, and my family is happier... I'd say that's a pretty positive outcome.

Author	Date
Matthew Colby, Coastal Maine	2013-12-06 23:37:00
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I started smoking when I was 19 with the occasional clove cigarette because I liked the flavor. It quickly turned to a stress management thing and I was smoking about 15 to 20 a day by the time I was 21. Probably when I was in my mid 20's I started noticing the kinds of things all smokers deal with. Coughing, low energy, long lasting lung problems when sick (phlegm and coughing for weeks) etc. By that time, I had smoked too long to quit easily. I never bothered trying patches or gum because I had known so many people that tried those methods and it never worked for them. They were expensive and only addressed the nicotine, not the oral fixation. I was able to quit by tapering off the number of times I smoked, or only smoking half cigarettes, but that didn't last long either. I'd be around smokers, working in a kitchen (which can be very stressfull) and they'd all go out for a cigarette, so I'd end up joining them. At about 30 my mother found electronic cigarettes at a local supermarket and suggested I try them. It was a good start, but I didn't feel it was enough. I don't recall the brand, but it was a disposable one that looked like a cigarette. It didn't have much taste at all and was hard to inhale, like a frozen milkshake through a straw. A few years later, I met a woman and we started dating. She never liked that I smoked, and again suggested I try e-cigs. I tried 2 disposable brands and the last one really had me thinking "This could actually work!" It was a Blu, classic tobacco flavor. More like burnt coffee and chocolate, but it wasn't bad and had more nicotine than the others. Then when we were visiting my family I saw my father's girlfriend using an eGo style device and asked her about it. They have both been smokers for years, and she said she hadn't had a cigarette in weeks, so I tried it. It was a big difference from the little cigarette sized ones and I knew it would work for me. I ordered one of my own, with a few juices and I haven't had a cigarette since. That was 3 months ago! I didn't even really intend to quit, just to stop smoking in the house, but after using the eGo for a while I found I didn't crave a smoke like I used to. I would take one at work when offered, but it tasted gross and I'd end up putting it out and just using the vaporizer. I do intend to lower the nicotine level eventually, but for now I'm happy with not being a smoker. The house, my clothes and my car don't smell as bad. I can taste more subtle flavors. I now stand away from the smokers at work because the smoke smell bothers me, and I can tell when someone is smoking anywhere around me in a parking lot. I've coughed maybe 4 times in the last 3 months. I feel more energetic. All of this has made me and my girlfriend happier and made our lives better. Now I urge everyone I know that smokes to try this instead. Even smokers will admit they don't really LIKE the taste of a cigarette, they're just used to it. Once you realize you can get the nicotine with literally ANY flavor you want, you never want another smoke. Cigarettes really only come in 2 flavors: Nasty and Minty Nasty. I'm vaping rainbow sherbet right now and I don't think I'll ever smoke again.

Author	Date
Mona Hollums (MonaLisa65) from West Haven, CT.	2013-05-23 19:20:00

Website address
<a href="http://testimonials.casaa.org/testimonials/mona-hollums-monala65-from-west-haven-ct/">http://testimonials.casaa.org/testimonials/mona-hollums-monala65-from-west-haven-ct/</a>

I smoked my first cigarette when I was 8. After I started working at 16, it wasn't long before I was smoking 1.5 packs per day, a rate I was to maintain with only the most minor fluctuations for the next 31+ years. Then, at 47, while picking up a pack of my regular brand, I noticed the display of disposable ecigs on the counter, and bought one on a whim. I wasn't looking for an alternative to cigarettes (I still bought my regular brand that night, too), I just wanted to try it. I didn't know it at the time, but that pack would be one of the last I'd ever buy. A week later, I'd purchased the rechargeable version of that ecig, and when that finally wore out, I upgraded to a refillable 'personal vaporizer', so I could sample the dozens (hundreds?) of flavors available, customized with the amount of nicotine I wanted to be using. (I've cut my original nicotine strength used by 25% in the past 6 months, my next bottles of 'ejuice' will be an additional 25% weaker. By mixing the two in gradually differing proportions, the transition to lowered-nicotine usage is completely unnoticeable. I started using ecigs in the first week of November, 2012. I smoked my last cigarette on November 15th, 2012. I don't miss them At. All. I breathe SO much easier now, I no longer get post-nasal drip if I lay on my back, my senses of taste and smell are so vastly better than they were that even long-time favorite foods taste novel. My car, hair and clothes don't stink of stale smoke anymore... and as the icing on an already VERY tasty cake, I've saved a lot of money! It's been 190 days or so, I would have smoked about 2,840+ cigarettes and spent over \$1066.00. Instead, including equipment and everything I've used so far, plus enough ejuice to last me at least two more months, I've spent about \$350. I wasn't looking to quit smoking, but I did anyway. Painlessly.

Author	Date
Peta	2014-05-03 16:26:00
Website address	
<a href="http://testimonials.casaa.org/testimonials/peta/">http://testimonials.casaa.org/testimonials/peta/</a>	

I began vaping about two months ago. Since the moment I have tried it, I have not touched a real cigarette since. I was a 1.5-2 pack a day smoker. I wanted to quit smoking because, of course, it's bad for my health, my family's health and also my dogs health (pugs, have common respiratory problems). On top of that, I wanted to stop polluting the air, and of course, I'm just one person...but it always starts with one person...who better than YOU ? It's also incredibly more economical. Now, I understand the FDA has to step in at some point. Regulations are just necessary (for god sakes, I'm in the Army, I know better.) My only fear is the cost of vaping rising, as that eliminates a HUGE incentive to vaping versus traditional smoking - it's cost efficiency. I also hate that many places (Starbucks!) says I can't blow my steam on their property....but I can sweat, pass gas, curse etc...that's all fine though. "You can't use smokeless tobacco here." Well. It's not "smokeless tobacco," it's "tobaccoless vapor." Yes vapor. Aka, heated liquid. I agree with people needing licenses, I guess. And of course, needing to tell people what the ingredients are. For sure. But I believe that's where it should stop. We aren't hurting anyone (ourselves included) or anything (environment). If anything, we are helping save people from secondhand smoke, cancer and the other endless amount of dangers involved in smoking. If anyone reads this, please don't discourage us from doing something so good for ourselves and for each other. It's fun, it's a hobby and more than anything....it feels so good to be able to breathe again.

Author	Date
Randy Willis	2015-04-21 16:41:36
Website address	
<a href="http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=4167">http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=4167</a>	

I smoked at least two packs a day for 20+ years. I actually enjoyed smoking. It gave me a reason to take breaks during the day, I liked the taste, and no way in hell was I going to suffer through withdrawals. Over the years, I would occasionally get disgusted with it and try the cessation fad of the week, be it gum, patches, drugs, etc. None of it ever even came close to helping. A couple of years ago an business colleague introduced me to e-cigs while we waited on a perpetually delayed flight at the Pittsburgh airport. I will readily admit that after trying one, it didn't do a damn thing for me. So I continued smoking for another year or so. After some deliberations, my wife decided to quit her high-stress job, so in support, I said I would try to at least cut back on smoking to help save some money. So I took another stab at e-cigs. At first, I went all macho with it and decided to just vape ecigs and not smoke at all. That lasted exactly one day before my wife told me to go buy a pack of smokes before she did something we'd both regret. Unlike a lot of other papers who quit smoking relatively quickly, I opted for the scenic route. In fact, I really didn't intend to quit smoking at all. It just sort of... happened. Over a period of a couple of months, I found myself vaping more and more, and smoking less and less to the point that it finally occurred to me that I didn't need the smokes anymore. The one key thing for me was moving past the cig-a-likes found in convenience stores and investing in some serious vape gear. I don't see how anyone could quit using just the cig-a-likes. To each their own, I suppose. Using better hardware resulted in a much more satisfactory experience, and weaning off the smokes over time helped ease the withdrawals significantly. The issue with cigarettes is that it isn't just the nicotine that's the problem. It's the additives tobacco companies mix in there that vastly increases the addictiveness of the nicotine. Nicotine being highly addictive is up for debate. When is the last time you ran in to someone that was addicted to nicotine gum after 6 months? Or still wearing a patch years after they quit smoking? It's the same nicotine, but delivery method, and mixture, is what enhances its addictive nature. Since I started vaping, I have drastically reduced the level of nicotine I use from 24mg/ml down to 6mg/ml. I'm now pushing down to just 3mg/ml. Will I ever go to zero? I doubt it, because in the big picture, I enjoy nicotine, like people enjoy coffee and caffeine. Why am I telling you all this? Because placing e-cigs and vaping legally equal to cigarettes would be an enormous mistake. My story isn't a one of a kind. I can introduce you to literally thousands of other vapers who, like me, quit smoking through the electronic devices. The potential impact that vaping can have on public health is something like we have never seen before. However, it is fool-hardy to regulate, restrict, and tax them as is done with traditional tobacco. Doing so would simply discourage smokers from trying e-cigs as a way to escape when all other methods have failed, and thus destroy the life-saving potential of the technology. An enormous amount of positive evidence has been amassed regarding the safety of vaping. Obviously, not all of it has been positive. However, if one can look past the garbage printed in most media, and take a look at the real research, they will find an abundance of studies that weigh heavily in favor of vaping.

Author	Date
Rob Reynolds	2015-05-21 15:56:04

Website address
<a href="http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=4456">http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=4456</a>

I stopped smoking cigarettes by accident. Four months ago I went into The E-cig Lounge in Waite Park, MN. I purchased an Aspire Nautilus Mini kit and E-liquid with 18mg nicotine. The idea was to vape at home and smoke at work. I have children at home and won't smoke anywhere around my house even outside. I took that device home and till this day have never smoked another cigarette again. I did not intend to quit smoking. In fact there is still a carton of cigarettes in my cabinet. I have had no need or desire for a cigarette. Vaping completely replaced smoking for me. Once I realized that I had indeed stopped smoking I started dropping my nicotine content in the juice each time I purchased a new bottle. I have slowly dropped my nicotine from 18mg to 1.5mg . I have become active in the vaping world trying to help others stop smoking. Serving as an admin for the "Minnesota Vapers" group on Facebook has been a big part of spreading the word about vaping. I have also learned more about vaping and have purchased an istick 50w with a Kanger subohm mini. Now I am enjoying the flavors more. I keep hearing news that the vaping industry is trying to target children with candy flavors. That makes me a child at heart since candy flavors are my main flavors. I guess as a 50 year old man I shouldn't want the candy or fruity flavors. I will say that currently my favorite flavor to vape is one that taste like fruity pebbles cereal. If anyone wants to ask me anything about vaping you can find me in the "Minnesota Vapers" group on Facebook. I'm always happy to talk about the only thing that was able to get me off cigarettes after all of these years....VAPE ON...

Author	Date
Robert M.	2015-06-11 03:55:47
Website address	
<a href="http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=4641">http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=4641</a>	

I was barely a teenager when I started smoking cigarettes. After nearly 50 years, I quit by using e-cigs. Sure, I had tried nicotine supplements like gum, lozenges, patches, even psychoactive drugs. Nothing worked for more than a few weeks. Out of curiosity, I tried e-cigs. I didn't intend to quit smoking, I just wanted to see what they were all about. The first brands I tried were unimpressive, so I gave up. A year or two later I tried them again. I was amazed at how much they'd improved. I love all the different flavors I can try. Now, I've been smoke free for eighteen months. I've gradually reduced my nicotine strength from 18mg/gram to 3mg/gram. My next purchase of e-juice will be zero nicotine. I feel great. My lungs are clear. I haven't had a cold since quitting tobacco. I did some research on propylene glycol. It turns out that in addition to its many other virtues, it's germicidal when vaporized. It's the same stuff as what's used in medical nebulizers. I wonder if there's a relationship between vaping and reduced colds. Anyway, after getting down to zero nicotine, I intend to keep vaping until it isn't fun anymore.

Author	Date
Roger Schaeffer	2014-08-11 13:24:00
Website address	
<a href="http://testimonials.casaa.org/testimonials/roger-schaeffer/">http://testimonials.casaa.org/testimonials/roger-schaeffer/</a>	

Hello My name is Roger. I am 58 yrs old and started smoking when I was 16. By the time I was 30 I was really down on myself for being a smoker. I knew the health risks and it was costing more and more money as taxes started to climb. At About age 42 I did quit smoking using nicotine gum. I went tobacco free for 8 yrs. When I was 50 I started smoking again during a stressful period in my life. I tried over the next 8 years I tried to quit smoking numerous times using Nicotine Gum and Enrolled in the Minnesota Quit Plan Program. The longest I was able to quit was 30 days. Then 6 months ago I saw my 75 yr old Mom using a Electronic Cigarette that resemble a tobacco cigarette. I was pleased as she had heart surgery 10 yrs earlier. The Next day I ordered a Deluxe Electronic cigarette kit off the internet. Within 2 weeks I quit using tobacco completely. It's now been 5 months tobacco free. I feel better, smell better and my self-esteem has risen. I use tobacco flavor 50% of the time and Fruit Flavors 50% of the time. Sadly my Mom returned to smoking as the cigarette looking devices did not satisfy her cravings and it was almost as expensive as smoking. I tried to show her how to use larger, refillable products but she could not get the hang of it. I have met over 100 people online who have left tobacco and its Know health risks behind and living much more satisfying lifestyles. Thank You

Author	Date
Roger Schaeffer	2015-03-29 19:49:07
Website address	
<a href="http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=3861">http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=3861</a>	

I'm a 59 yr old male. Starting Smoking at age 16. Soon a pack a day many attempts to quit smoking in late 30's to early 40's with NRT. At age 42 I did quit smoking, I used nic gum for 2 months and did not smoke or use nicotine again till age 50. Smoked for 7 yrs. then switched to Chewing Tobacco for 2 yrs. I did not know about CASAA or that Chewing tobacco was safer then smoking. If fact I worried every day for 2 years that I would get Oral Cancer. The Tobacco Control pictures or people with 1/2 a face stuck in my mind. When I was almost 58 I was smoking and chewing for 2 months until I stopped smoking and using Ecigs. It took 2 weeks. Became interested in advocacy and found Tobacco Control had lied about the danger of chewing tobacco. For the 2 yrs. I lived in fear of oral cancer because of Public Health propaganda I will loathe them for life also for their Flame Thrower scorched earth attack on Vapor Products. For 10 months I have used Vapor Product and tobacco and Herbal Chew. I feel much better with more stamina and better mood without the cigarettes. I have no interest in lowering the nicotine strength of my e-liquid or stopping use of Chew products. I like nicotine as I like my caffeine. I am interested in trying snus products. I know all attention is on Vapor Products Regulations and Taxes War now and I help combat that. I feel way to little attention is given to other THR Products. IMO Vaping will be by far far the most popular way of switched nicotine delivery method. But there are hundreds, thousands maybe 10 of thousand who will never choose vaping over cigarettes but could possibly choose Chew or snus as their form of THR if they we not so over shadowed and forgotten by the Vape War. Well it is war and there is always collateral damage in war.

Author	Date
Samuel Shrider (Lexington, KY)	2015-11-19 14:46:49
Website address	
<a href="http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=7617">http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=7617</a>	

I started smoking at the age of 16. Two packs a day. I had accepted by the time I was 18 that I would most likely die a very early death. In early 2013, I tried a Blu disposable e-cigarette and I was unable to quit smoking. Then, in March of 2014, I stumbled across open system vaping, i.e. refillable tank systems. Within a month of using these advanced vaping products, I was completely off of cigarettes and have remained smoke free since then. I went on to work for a year in a retail vapor store and helped to convert hundreds of smokers to vaping. All the while, I noticed my own health improving. My lung capacity has increased to pre-smoking levels (as noted by my doctor), my sense of smell and taste returned quickly. I can exert cardiovascular effort with ease. I have been given my freedom back through vaping. While working in a retail vapor store, I met a lot of people who quit smoking successfully with vaping. But one story sticks out in my mind. An elderly woman brought her entire family to the store one time to get them all starter kits so they could begin vaping. She had recently been diagnosed with stage 4 lung cancer and had less than a year to live. At the time of me writing this, I am sure she has passed on. But, in her last months of life she was able to make peace knowing that thanks to the most beneficial public health revolution since the invention of penicillin; her family doesn't have to suffer slowly and painfully as she did. My great-uncle, great-grandmother, and great-grandfather all died due to smoking related illnesses. They all suffered. We have the power to eradicate one of the greatest scourges of human existence. Vaping has ultimately changed my life forever, and I have seen it do the same for others. That is my testimonial.

Author	Date
Scott Brown, Silver City NM	2014-08-14 20:08:00
Website address	
<a href="http://testimonials.casaa.org/testimonials/scott-brown-silver-city-nm/">http://testimonials.casaa.org/testimonials/scott-brown-silver-city-nm/</a>	

I smoked cigarettes seriously for 45 years, starting at age 14, quickly getting up to a pack a day. I ordered my first electronic cigarette kit at the age of 59, having decided I did not wish to enter my sixth decade risking emphysema, COPD, and additional heart problems--I have two stents. Over the years I've tried cold turkey, lettuce leaf "cigarettes", hypnosis, pipes and cigars, chewing tobacco, patches, gum, and a mood altering prescription drug. None of these "took," except the e-cigarette. I like to say I smoked for 45 years, and quit in about 45 seconds...from the time I opened the shipping package and assembled my first e-cigarette. Not that those crappy Chinese cartridges of yesteryear were any great inducement, I just really wanted to quit inhaling partially burned hydrocarbons, carbon monoxide, tar, pesticides, and all the other additives I knew were killing me (I used to have to take a "gasp break" just to walk up my driveway--granted it's a tenth of a mile long and 100 feet elevation from the street, but damn, I wasn't even 60 yet). I just couldn't break free of the nicotine monkey, or the lifelong habit of putting something in my mouth, inhaling, and blowing fog out. Patches, mint toothpicks, and gum didn't cut it, trying to change a lifestyle thing--my parents smoked unfiltered Pall Malls (yes, even my mother throughout her pregnancy, in 1949 who knew?); I was literally born addicted, like a crack baby, and I side-streamed smoke from nearly every adult I knew growing up. It's over five years since I've touched a cigarette, now at age 65 I go high-desert mountain hiking from 8,000 to 10,000 feet, perform high intensity training on a exercycle, and my muscles begin to give out long before my lungs do. They're clean...and I can smell and taste food properly again. Knowing from past experience that quitting the "real" thing might not be so easy, I opted for the highest strength nicotine level (36 mgs.) figuring if I didn't get enough of a nicotine hit I might go back to smoking. I was right (others I've turned on to e-cigs tried to cut down too quickly and went back to smoking). Now I've happily cut that original strength in half. I've changed my equipment preferences through about six generations of e-cig designs in nearly as many years, currently using an EVOD with an eGo-C upgrade battery, with American eLiquid at 18 mgs. Critics have cited potential nicotine overdose as a reason to ban or regulate e-cigs. Seriously, they don't imagine an inveterate tobacco user doesn't know how to handle a potential nicotine overdose? I've overdosed on chewing tobacco and nicotine gum, I know the warning signs. As do all nicotine users. Heck, this would be a great reason for regulating caffeine or aspirin, but no one's advocating it. Some critics have (amazingly) also claimed the kits are too expensive (perhaps they are, if you're a kid on an allowance thinking to impress other children on the playground with zero-nicotine bubblegum flavored e-liquid). By my calculations I easily spend less than 25% of what I once did on tobacco products. For a pack-a-day guy, at today's prices, that's a savings of about two grand a year (not chump change on a fixed income), never mind the medical costs I haven't incurred. But now with big tobacco forming another unholy alliance with big government to "regulate" this healthier alternative to smoking, I can see that last benefit may be about to change. For the worse, once the likes of Phillip Morris and R.J. Reynolds get their hands on the industry. They can't just compete fairly and freely like everyone else? (Of course not, they'd be competing against their own death-based cash cow.) Don't, for the love of God, regulate or ban these electronic life-savers. The market is doing a perfectly fine job of regulating itself as to quality of liquid product and free-market competition in device design. All the liquid ingredients are GRAS

by FDA edict (with the possible exception of nicotine, but hey, the government is already in bed with that demon since before 1776), and the device is nothing more than a battery, a miniature heater, and a plastic tube (you could make these things at Radio Shack). Please don't create a bathtub gin Prohibition situation which does far more harm than good.

Author	Date
Scott_K from Virginia	2014-05-29 19:12:00

Website address
<a href="http://testimonials.casaa.org/testimonials/scott_k-from-virginia/">http://testimonials.casaa.org/testimonials/scott_k-from-virginia/</a>

I started smoking regularly at age 16, and was a pack+/day smoker through age 50. In 2009 I tried the then-available e-cigs - separate battery, atomizer, cartridge - with the desire to quit smoking. They failed to provide sufficient nicotine to reduce my urge to smoke; I gave up on them after a week or so. In December 2012 a co-worker demonstrated the next generation e-cig to me and convinced me to try it. I did not intend to quit smoking; I was just interested in how the technology had advanced. For the next two weeks I used both the e-cig and cigarettes. The e-cigs provided enough nicotine that my urge to smoke was satisfied, and I gradually stopped lighting up. After two weeks I had one cigarette left from the last pack I bought. I still have it. I started with 24 mg/ml e-juice. Now, 16 months later, I'm vaping with 12 mg/ml e-juice. I'm hoping that in another year or two I'll be down to 0-nic and/or quit vaping entirely.

Author	Date
Sharon Hicks Van Alstyne, Tx	2013-05-23 19:56:00
Website address	
<a href="http://testimonials.casaa.org/testimonials/sharon-hicks-van-alstyne-tx/">http://testimonials.casaa.org/testimonials/sharon-hicks-van-alstyne-tx/</a>	

I started smoking @ the age of 13. It quickly became a pack and 1/2 a day habit. I smoked my last cigarette January 22, 2013. I am 57 years old. I am writing this on May 22, 2013. Over the years I tried nicotine gum and prescription medications in my efforts to quit. They didn't work for me. I never completely gave up cigarettes and went right back to my smoking habit within a few days. Of course I knew it was bad for me. I am a registered nurse. I tried to compensate for the smoking damage by eating healthy and staying in shape. But as I got older, I could tell it was taking it's toll. My chest felt heavy. I woke up every morning coughing up gobs of phlegm. I got short of breath easily. And I smelled like an ashtray. I had seen articles about electronic cigarettes on the internet several years ago. But not a lot of info was available. I thought at that time how wonderful it would be to have something like that. It's only been in the past year that ecigs have been available in my area. After researching available information and debating with myself...I didn't want to fail again...I tried them. At first, I tried the disposable. I have never looked back. I have not smoked a cigarette since. I now have a high tech APV and have started making my own ejuice. I started vaping at 18mg of nicotine and am now at 12mg. Maybe one day I will quit nicotine all together. I can say I feel MUCH better. Within a week my sense of smell and taste had greatly improved. I haven't coughed up ANYTHING. My chest doesn't feel heavy. I don't get short of breath so easy. My O2 sats as a smoker hovered around 96/97%. As a vaper, they are now 98/99%. And I have more \$\$ in my pocket ;-) The good things have not just happened to me. Because I vape, I have friends and family that have started vaping. How's that for a positive experience?

Author	Date
Stephen Steeves, Lake Zurich, IL	2014-08-17 01:29:00
Website address	
<a href="http://testimonials.casaa.org/testimonials/stephen-steeves-lake-zurich-il/">http://testimonials.casaa.org/testimonials/stephen-steeves-lake-zurich-il/</a>	

I smoked cigarettes for over 25 years with no ability to quit after trying numerous aides (Chantix, inhaler, cold turkey, lozenges). After trying e-cigarettes (iTaste vv pen with iClear 16B with 555 and RY4 tobacco flavor juices at 16ml nicotine strengths to start) I was able to completely quit smoking analog cigarettes. There have been very few cravings to reuse analog cigarettes and I've been able to reduce nicotine content in my e-liquids to almost zero. I have been cigarette free for a year and have upgraded my mods to Sigelei Legend and 30W mods with Nautilus and Kayfun clone atomizers which has reduced my overall vaping due to the greater sensation with each vape. My health since quitting analog cigarettes has greatly improved, including increased breathing capacity, no longer having shortness of breath incidents, no occasional pressure in my chest and lower blood pressure. My family's health has improved as well, despite never having smoked indoors or around them, just the smoke that would remain on my clothes would cause them to sneeze or become congested. Any bans on the controllable mods, juices (I use food grade, complete ingredient liquids only), and the reliance on knowledgeable vape shops would seriously put at risk my efforts to remain a non-smoker. Regards, Stephen Steeves Lake Zurich, IL

Author	Date
Steve	2015-11-02 20:54:13
Website address	
<a href="http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=6946">http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=6946</a>	

I have been tobacco free for almost a year thanks to vaping organic e-juice. My health has improved as well as my family life. My clothes no longer smell like cigarette smoke and there is no second hand smoke around my wife and children. Vaping has changed my life in such a good way it's just great I no longer depend on cigarettes.

Author	Date
SteveB	2015-05-17 17:43:10
Website address	
<a href="http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=4364">http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=4364</a>	

I would like to start my story by explaining that I had smoked cigarettes since the age of 11. By the time I reached 55 I was smoking a pack and half a day. I didn't bother with lights because there was no evidence that they were any better for me than reds. I guess I was no different to others. I would cough and wheeze my way through days and wheeze and whistle through my sleep. In January 2015 I had a bad chest infection and I thought I would give ecigs a try. I went for the highest amount of nicotine and chose a tobacco flavor liquid. Well, I thought it was OK-ish...and combined my ecig with real cigs. Two weeks later, and I discovered that I was smoking about 10 or 15 real cigs a day. I didn't intend to quit smoking, but I had stumbled upon other non-tobacco flavors and lower nicotine levels in my choice of ecig liquid. I then moved on with my knowledge about atomizers, and mastered the art of building my own vaporizer coils. Gradually over a period of about 4 weeks I stopped smoking cigarettes. It didn't feel like I had consciously chosen to stop smoking real cigs. In fact it just happened that I no longer wished to smoke. I preferred to vape instead. So now here I am. No chronic bronchitis, no wheezing, no smelling like an ash tray. I sleep better, am more active, my BP has fallen from 160/95 to 125/82. I can taste and smell things... I'm not blind to the fact that 'big tobacco' has moved into the tobacco harm reduction business, and I do not believe for one second that vaping is good for your health (despite the fact that I came across some eliquid with 'added vitamin C' the other day) but I believe that I am healthier today than I would have been if I had continued to chuff my way through 30 red tops a day.....

Author	Date
Tanya Jackisch	2013-06-26 00:51:00
Website address	
<a href="http://testimonials.casaa.org/testimonials/tanya-jackisch/">http://testimonials.casaa.org/testimonials/tanya-jackisch/</a>	

Some words about my experience. In a nutshell It's saved my life. I didn't exactly intend to quit. I wanted to cut down on the habit. When I tried to return just bought packs of cigarettes and then told "Just smoke them" It angered, and it hurt. The woman who told me "Just smoke them" watched me grow up as a child and into an adult. This hurt, and that hurt I think looking back is what really propelled me to stop smoking. I was determined to make electronic cigarettes work for me after that. Let's fast forward to almost 2 years later, smoke free and still vaping. I'm a very healthy person(most of the time) now. I exercise regularly, eat healthy, I think I'm developing an addiction to avocados. I'm a brighter, happier person. All of this is because of electronic cigarettes, because without them I know I would still be smoking and not caring about my health or what I put into my body. It's hard to care about how you're taking care of yourself when you know how much damage you're doing. Now, not smoking It makes sense to care. My problem was I deeply loved to smoke. The options on the market were not about to help me. Perhaps I've only switched to a different habit in some eyes, but my body tells me I made the right decision. I feel so much better than I have in years. How easy it is to take for granted the ability to take a deep breath when you are able to every day. I don't want that ability taken away from me. Keep electronic cigarettes available and without invalid, unwarranted, unqualifying taxes. This is not tobacco, this is not a burning cigarette, this technology has no merit to be treated in the same fashion. ~ This is my actual testimony, on record in Connecticut that I submitted to the state of Connecticut House Of Legislature. Use it, summarize it as you would like to, as it would benefit the cause. An exert from my testimony was also quoted(albeit incorrectly, but quoted nonetheless) in The Hartford Courant. Raised Bill S.B. No.990 AN ACT CONCERNING SMOKING POLICIES AND PROHIBITING SMOKING IN CERTAIN AREAS. Electronic cigarettes are not tobacco cigarettes and should not be treated as such. Please do not let the word "cigarette" pervert your perception of what electronic cigarettes actually are. I know that CASAA has given you invaluable materials and I urge you to utilize them. I urge you not to treat this technology like smoking, to rush to legislation without justifications, without evidence. "It looks like smoking" Is simply not good enough. Some hospitals around the country have even started giving electronic cigarettes to their patients who smoke tobacco cigarettes. It is in-offensive enough for others to be able to do this and helps give patients the care they need as it elevates stress as opposed to countless patients who run out of the hospital as quick as they can to light up. The provisions suggested today will deny hospitals this valuable option. I suggest not banning their use in hospitals, but letting hospitals and other medical related fields decide if they want to utilize this option for their patients or not. On a more personal note this technology made my home being smoke free possible. My mother and brother have both stopped smoking thanks to electronic cigarettes. My mother was a former 40 year smoker, I remember her trying everything to quit as a kid. I have been smoke-free over a year and a half. It began as wanting to jog but I couldn't even run a quarter of a mile. Today I can continuously jog 3 miles and for as long as I've been jogging, I've been vaping. I know I speak for many when I say I earned my right to no longer smell like an ashtray. This legislation says I should, it says I'm a smoker when I'm not, it has disregard for my health. I don't want the 2nd hand smoke and neither do other vapers.

This legislation says vape my smoke-free electronic cigarette with the smokers. My suggestion is to be more reasonable in allowing certain businesses to address for themselves on their property if they want to deny or allow the use of electronic cigarettes. The problem I see that you may not is almost every time I've been to a bar or restaurant that allows me to vape, there's a smoker telling me how they tried patches, gum, Chantix made them bananas and they're scribbling electronic cigarette information on a napkin. By using my electronic cigarette in public it does help people, it shows others there's an alternative. Tanya Jackisch -----

Author	Date
Terri	2013-08-20 00:00:00
Website address	
<a href="http://testimonials.casaa.org/testimonials/terri/">http://testimonials.casaa.org/testimonials/terri/</a>	

I did not intend to quit in one day - but that's exactly what I did. I bought an e-cigarette to help cut down, to ween me off of nicotine and to save money over the expensive (non-successful) patches. I smoked NON STOP for 35 years and was smoking a pack and a half a day most days. On the second day with e-cigarette I stopped smoking completely!! It has been over 3.0 months now and not a cigarette since that second day. I've been reducing the amount of nicotine in my juice and am close to zero now. In the past I have tried nicotine patches, prescription drugs and even hypnosis, and one thing was always the same, I knew in my heart I was eventually going to smoke again. I managed to quit for 2 years (cold turkey) and I was 'white-knuckling' it the whole time. Eventually I 'snapped' and bought a pack at a gas station, and I was off and smoking for another 11 years. For the first time in my adult life I know I will NEVER smoke another cigarette (tobacco version). When I found the satisfaction of smoking an e-cigarette without all the harmful, smelling, disgusting side-effects - I knew I had found the solution to my addiction. E-Cigarettes may not have all the scientific studies done YET - but I know in my mind, heart and body that I am much better off now than I was 3 months ago -- and feel free to check on me three years from now, I promise you I won't be smoking then either. I might still be using an e-cigarette, but I won't be smoking.

Author	Date
Thomas O of Lancaster County PA, father of 4	2015-10-28 19:17:40
Website address	
<a href="http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=5695">http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=5695</a>	

I was in my early 40's and had smoked since I was 16. My health was getting bad and a brisk walk up stairs would make me breathe heavily. I get bronchitis twice a year, had a 365 day a year cough, and many other negative health effects caused by my pack a day habit. I tried to quit dozens of times using the gum, patch, cold turkey, etc, but always went back. I saw an ad for a personal vaporizer and decided to give it a shot. That was 5 years ago....and I've been cigarette free since. My health improved so much in the first few months I began to get more active and eventually trained and competed in several 5K and 10K obstacle races. I completed the Warrior Dash in the top 20% in the event of around 5000 runners. I conquered the Savage Race in a very respectful time as well. I would NEVER have been able to do that when I smoked. My doctor says my lungs sound great, and my blood pressure has fallen to 115/65. As a smoker I was usually 140/80. I use a Sub-Ohm tank on a regulated Box Mod. I enjoy fruit flavors, nutty flavors, and cereal flavors mostly. I began on a pen style with 24MG eliquid. I currently use 3MG eliquid. Vaping saved my life. And that is NOT an exaggeration. Tom O.

Author	Date
torey	2015-11-04 00:30:24
Website address	
<a href="http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=6962">http://testimonials.casaa.org/?post_type=casaa_testmo&amp;p=6962</a>	

I suffer from bipolar disorder and have panic and anxiety attacks. i started vaping when i was introduced to vaping by my best friend. Over the time of me dealing with the ups and downs of my disorder. Vaping has been a big part in helping me deal with it. If i'm feeling nervous or anything close to the sorts of that, i always start vaping on one of my tanks, or my rda. It helps calm me, and helps it from becoming a full blown panic attack. Coming from a family of smokers and growing up around them. My father's health went down really bad because of smoking. After seeing what smoking does to not only my family but my other loved ones i don't want any part of that. i work retail and sell many, many, packs of cigarettes to people. With my knowledge in vaping i've successfully helped 6 people quit smoking just by vaping. One person was even told by her doctor that since she started vaping her health improved, her oxygen levels are becoming more normal and she can breathe a lot easier. Vaping for me isn't just something to do, its a tool i personally use to help deal with bipolar disorder. I know quite a few who suffer from bipolar and depression just as i do, and they also have found vaping not only helps calm them but also gives them something else to focus on. There are many reasons why people vape, this is personally my story. Removing products like these would such a blow to myself and others that depend on them for more than one reason. i hope this helps who ever reads it, wish you all well and god bless.

Author	Date
Trill - Nashville, TN	2013-05-23 23:07:00
Website address	
<a href="http://testimonials.casaa.org/testimonials/trill-nashville-tn/">http://testimonials.casaa.org/testimonials/trill-nashville-tn/</a>	

I started smoking when I was 12 years old and smoked for 35 years. I smoked 2-3 packs a day for most of that time. I tried many times to stop smoking, because I have a child who had learned how harmful smoking is in school, and did not want to see her mother die from smoking. I also did not want to expose her and other loved ones to second hand smoke. Also, before I even became pregnant with her, smoking had become an annoying habit that I didn't enjoy anymore. Over the years, I tried numerous times to quit. I tried cold turkey, and for many years, I quit every single morning when I woke up, which never lasted more than a few hours. The longest I ever went was a couple of months in which there was absolutely no stress in my life, but, life being life, stress arose and I started smoking again. I cannot take Wellbutrin, which i discovered by trying to take it for another condition, so I never tried that to quit smoking, but I have tried everything else. Chantix twice, patches and gum and lozenges several times. Hypnosis twice. I have also been in therapy for several decades, but no matter what I've tried, I have not been able to quit. I do not consider myself a weak person, having overcome many hardships in my life. But the addiction to the habit and the chemicals in cigarettes was not one I could overcome until I started using electronic cigarettes. I thought that I would die with a cigarette in my hand. In June of 2012, my mother died a very agonizing death from COPD. I watched her struggle to breathe, like a tiny bird gasping. I watched her give up and refuse the bipap mask and eventually die of suffocation. It was the most horrible thing I'd ever seen. That same month, my daughter and I did some research, and we both started using the Blu electronic cigarettes, and then quickly switched to using ego style batteries and tanks. I set my quit date to be 1 week from the time I started vaping, but, by day 6, cigarettes tasted awful, and I could no longer smoke them. That was June 27, 2012, and I have not had a cigarette since. I started out with 6mg nicotine, but decided to go ahead and use 24mg to make sure that the withdrawals I would experience would ONLY be from the other chemicals in cigarettes, and not from the nicotine itself. I experienced very little withdrawals, and that only lasted a week. I am not sure if I would have been able to do this if the amount of nicotine I was allowed to use was regulated at too low a dose. I also am not sure if this would have been a success without the choice of many flavors. It was surprising to me to find that, after smoking for 35 years, that I actually do not like the taste of tobacco. The fruit and vanilla flavors helped me quit smoking, and actually helped with making the cigarettes taste awful to me, and got me off of them faster than I had planned. Since I quit, many things have changed. I no longer wake up before having enough sleep because I can't breathe. I can sleep 8-10 hours just fine without having to get up and simply breathe. My smoker's cough went away after 2 weeks. It is completely gone. My hair and skin, which were extremely dry due to menopause and chemotherapy are much improved. The hangovers from my chemotherapy medication have almost disappeared. Everything in my house and car are cleaner and everything doesn't stink anymore. The problem with my gums, which I have battled for years has almost completely cleared up. All of my doctors and my dentist and dental hygienist are thrilled with my success and the improvement of my health. I am listed in my medical records as an ex-smoker. I also no longer limit myself from activities that do not allow smoking, because I can go for a longer time without the craving for the chemicals in cigarettes. The craving for nicotine itself is not

nearly as strong. I don't know if I will ever stop vaping, but I have lowered my nicotine level from 24mg to 18 with no problems or cravings at all. Next month, I plan to go down to 12, and from there to 6, and then to 0.

